



Reuben Meat Loaf

READY IN



90 min.

SERVINGS



10

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon
- ☐ 1 teaspoon caraway seeds
- ☐ 1 teaspoon mustard dry
- ☐ 2 eggs beaten
- ☐ 2 pounds ground beef
- ☐ 0.5 cup onion chopped
- ☐ 2 cups rye breadcrumbs soft
- ☐ 10 ounce sauerkraut shredded drained canned
- ☐ 2 ounces swiss cheese shredded

- ☐ 0.3 cup commercial thousand island salad dressing
- ☐ 0.3 cup milk whole

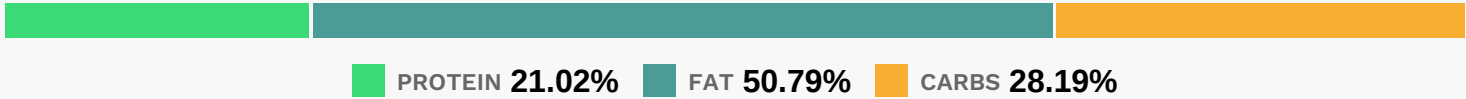
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Combine first 9 ingredients in a medium bowl; stir well. Shape mixture into a 9- x 5-inch loaf; place on a rack in a lightly greased roasting pan. Arrange bacon slices over loaf.
- ☐ Bake at 350 for 1 hour and 30 minutes.
- ☐ Sprinkle cheese over meat loaf, and bake an additional 5 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:27.45434762084%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 502.09kcal (25.1%), Fat: 28.92g (44.49%), Saturated Fat: 10.32g (64.52%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 24.3g (8.84%), Sugar: 2.61g (2.9%), Cholesterol: 112.04mg (37.35%), Sodium: 407.27mg (17.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.93g (53.87%), Manganese: 3.25mg (162.33%), Selenium: 45.22µg (64.6%), Phosphorus: 526.82mg (52.68%), Fiber: 11.8g (47.21%), Zinc: 7.06mg (47.1%), Vitamin B12: 2.28µg (37.98%), Magnesium: 143.99mg (36%), Vitamin B3: 6.99mg (34.94%), Iron: 5.55mg (30.85%), Vitamin B6: 0.58mg (29.11%), Copper: 0.43mg (21.68%), Vitamin B2: 0.36mg (21.43%), Vitamin B1: 0.32mg (21.39%), Potassium: 708.2mg

(20.23%), Vitamin B5: 1.45mg (14.46%), Vitamin K: 12.6µg (12%), Calcium: 119.59mg (11.96%), Vitamin E: 1.52mg (10.12%), Folate: 26.76µg (6.69%), Vitamin C: 4.82mg (5.84%), Vitamin A: 132.98IU (2.66%), Vitamin D: 0.38µg (2.52%)