



Root Beer Raisin Meat Loaf

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon garlic powder
- 0.5 pound ground beef
- 0.5 teaspoon ground pepper black
- 1 tablespoon catsup
- 1 teaspoon onion powder
- 0.3 cup raisins
- 0.3 cup root beer
- 0.5 teaspoon salt

1 tablespoon worcestershire sauce

Equipment

bowl

sauce pan

oven

baking pan

kitchen thermometer

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a baking dish.

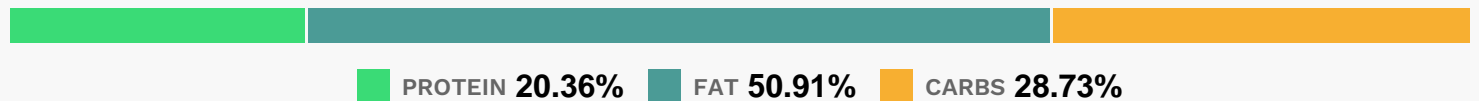
Mix ground beef with onion powder, garlic powder, salt, and black pepper in a bowl; form mixture into a loaf and place into prepared baking dish.

Bring root beer, raisins, Worcestershire sauce, and ketchup to a boil in a saucepan; reduce heat and simmer until flavors have blended and raisins are plump, about 5 minutes.

Pour raisin sauce over meat loaf.

Bake in the preheated oven until meat loaf is no longer pink inside and an instant-read meat thermometer inserted into the center of the loaf reads at least 160 degrees F (70 degrees C), 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:11.98, Glycemic Load:2.57, Inflammation Score:-1, Nutrition Score:3.1308695667464%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 99.86kcal (4.99%), Fat: 5.71g (8.79%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.74g (2.45%), Sugar: 1.68g (1.87%), Cholesterol: 20.13mg (6.71%), Sodium: 212.37mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin B12: 0.61µg (10.11%), Zinc: 1.23mg (8.22%),

Vitamin B3: 1.31mg (6.56%), Selenium: 4.45µg (6.36%), Vitamin B6: 0.11mg (5.71%), Phosphorus: 53.64mg (5.36%),
Iron: 0.87mg (4.86%), Potassium: 157.38mg (4.5%), Vitamin B2: 0.06mg (3.52%), Copper: 0.05mg (2.37%),
Manganese: 0.05mg (2.27%), Fiber: 0.52g (2.08%), Magnesium: 8.04mg (2.01%), Vitamin B1: 0.02mg (1.57%),
Vitamin B5: 0.15mg (1.52%), Calcium: 11.74mg (1.17%)