



## Savory Meat Loaf

 Popular

READY IN



95 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 3 slices bread
- ☐ 1 eggs
- ☐ 1 teaspoon sage dried fresh chopped
- ☐ 1 garlic powder finely chopped
- ☐ 0.5 teaspoon ground mustard
- ☐ 1.5 pounds ground beef lean
- ☐ 1 cup milk

- ☐ 0.3 cup onion   chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon worcestershire sauce

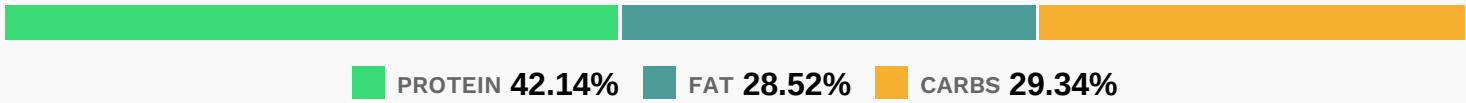
## Equipment

- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

## Directions

- ☐ Heat oven to 350°F.
- ☐ Mix all ingredients except ketchup.
- ☐ Spread mixture in ungreased loaf pan, 8 1/2x4 1/2x2 1/2 or 9x5x3 inches, or shape into 9x5-inch loaf in ungreased rectangular pan, 13x9x2 inches.
- ☐ Spread ketchup over top.
- ☐ Insert meat thermometer so tip is in center of loaf.
- ☐ Bake uncovered 1 hour to 1 hour 15 minutes or until thermometer reads 160°F.

## Nutrition Facts



## Properties

Glycemic Index:26.78, Glycemic Load:4.45, Inflammation Score:-3, Nutrition Score:18.066521800083%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 276.54kcal (13.83%), Fat: 8.54g (13.14%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 18.8g (6.84%), Sugar: 11.28g (12.53%), Cholesterol: 102.47mg (34.16%), Sodium: 643.46mg (27.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.79%), Copper: 1.15mg (57.64%), Vitamin B12: 2.83µg (47.08%), Zinc: 6.26mg (41.73%), Selenium: 27.54µg (39.34%), Vitamin B3: 7.24mg (36.2%), Phosphorus: 308.91mg (30.89%), Vitamin B6: 0.53mg (26.34%), Iron: 3.72mg (20.67%), Vitamin B2: 0.33mg (19.27%), Potassium: 576.7mg (16.48%), Manganese: 0.27mg (13.53%), Vitamin B5: 1.16mg (11.58%), Magnesium: 42.04mg (10.51%), Calcium: 97.51mg (9.75%), Vitamin B1: 0.14mg (9.56%), Folate: 23.35µg (5.84%), Vitamin D: 0.71µg (4.72%), Vitamin E: 0.65mg (4.31%), Fiber: 0.97g (3.87%), Vitamin A: 162.03IU (3.24%), Vitamin K: 1.8µg (1.71%), Vitamin C: 1.05mg (1.27%)