



Simple Meatloaf

 Dairy Free

READY IN



95 min.

SERVINGS



35

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bread crumbs plain dry
- 2 eggs
- 0.5 cup bell pepper green finely chopped
- 2 lb ground beef
- 0.5 cup a.1. original sauce divided
- 0.5 cup onion finely chopped

Equipment

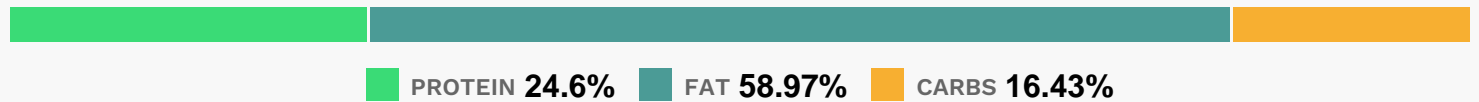
- oven

baking pan

Directions

- Preheat oven to 350F. Reserve 1/4 cup of the steak sauce.
- Mix remaining 1/4 cup steak sauce with all remaining ingredients until well blended.
- Shape into 9x5-inch loaf in greased 13x9-inch baking pan.
- Bake 1 hour.
- Brush with reserved steak sauce; bake an additional 15 minutes or until meatloaf is cooked through.
- Let stand 10 minutes before cutting into 8 slices to serve.

Nutrition Facts



Properties

Glycemic Index:1.06, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.0786956833756%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 87.08kcal (4.35%), Fat: 5.6g (8.61%), Saturated Fat: 2.1g (13.17%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3.29g (1.2%), Sugar: 1.13g (1.25%), Cholesterol: 27.76mg (9.25%), Sodium: 84.24mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Vitamin B12: 0.59µg (9.8%), Zinc: 1.17mg (7.78%), Selenium: 5.45µg (7.78%), Vitamin B3: 1.32mg (6.58%), Phosphorus: 52.11mg (5.21%), Vitamin B6: 0.1mg (4.96%), Iron: 0.71mg (3.93%), Vitamin B2: 0.06mg (3.74%), Vitamin B1: 0.04mg (2.95%), Potassium: 86.56mg (2.47%), Vitamin C: 1.88mg (2.28%), Vitamin B5: 0.19mg (1.91%), Manganese: 0.04mg (1.86%), Folate: 6.94µg (1.74%), Magnesium: 6.48mg (1.62%), Copper: 0.03mg (1.39%), Calcium: 12.46mg (1.25%)