



Simple Meatloaf

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds ground beef 85% lean
- 2 tablespoons brown sugar
- 1 large eggs lightly beaten
- 0.3 cup catsup
- 0.8 cup milk
- 0.3 cup onion chopped
- 0.3 teaspoon pepper
- 0.8 cup quick-cooking oatmeal

- 1.5 teaspoons salt
- 1 tablespoon mustard yellow

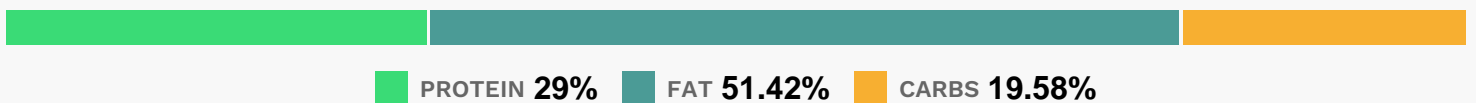
Equipment

- bowl
- frying pan
- oven
- plastic wrap
- loaf pan
- aluminum foil

Directions

- Combine first 7 ingredients in a large bowl just until blended; place in a lightly greased 9- x 5- inch loaf pan.
- Stir together ketchup, brown sugar, and yellow mustard; pour evenly over meatloaf.
- Bake at 350 for 1 hour.
- Remove from oven; let stand 5 minutes, and remove from pan before slicing.
- Note: Wrap meatloaf in plastic wrap and aluminum foil, and freeze up to 1 month. Thaw in refrigerator overnight.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:4.57, Inflammation Score:-3, Nutrition Score:15.044347814892%

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: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 344.69kcal (17.23%), Fat: 19.58g (30.13%), Saturated Fat: 7.6g (47.53%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 15.55g (5.65%), Sugar: 8.68g (9.65%), Cholesterol: 111.77mg (37.26%), Sodium: 829.78mg (36.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.7%), Vitamin B12: 2.7µg (44.99%), Zinc: 5.69mg (37.94%), Selenium: 25.53µg (36.47%), Phosphorus: 296.03mg (29.6%), Vitamin B3: 5.61mg (28.06%), Manganese: 0.5mg (24.88%), Vitamin B6: 0.47mg (23.4%), Iron: 3.13mg (17.38%), Vitamin B2: 0.29mg (17.08%), Magnesium: 56.55mg (14.14%), Potassium: 485.56mg (13.87%), Vitamin B5: 0.96mg (9.64%), Vitamin B1: 0.13mg (8.81%), Calcium: 73.11mg (7.31%), Copper: 0.14mg (6.95%), Vitamin E: 0.8mg (5.33%), Fiber: 1.23g (4.94%), Folate: 16.66µg (4.16%), Vitamin D: 0.62µg (4.1%), Vitamin A: 165.17IU (3.3%), Vitamin K: 2.52µg (2.4%), Vitamin C: 1.05mg (1.27%)