

# Simple Slow Cooker Meatloaf

 Dairy Free

READY IN



365 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup breadcrumbs dry
- 1.3 ounce onion soup mix dry
- 2 eggs
- 1 pound ground beef
- 1 cup catsup divided

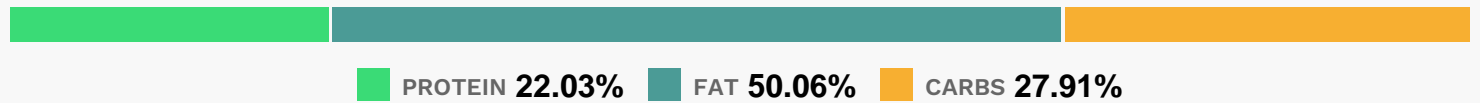
## Equipment

- bowl
- slow cooker

## Directions

- In large bowl, combine sausage, beef, 1/2 cup ketchup, soup mix, bread crumbs and eggs. When well combined, shape into loaf to fit your slow cooker (round or oval).
- Place into slow cooker.
- Cover and cook on low heat 4–6 hours.
- Spread remaining 1/2 cup ketchup on top of meatloaf 30 minutes before serving. Cover and continue cooking on low heat for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:11.189565254294%

## Flavonoids

Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 306.25kcal (15.31%), Fat: 17.05g (26.23%), Saturated Fat: 6.38g (39.87%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 20.47g (7.44%), Sugar: 9.41g (10.45%), Cholesterol: 108.24mg (36.08%), Sodium: 974.48mg (42.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.89g (33.78%), Vitamin B12: 1.78µg (29.66%), Selenium: 18.69µg (26.69%), Zinc: 3.61mg (24.09%), Vitamin B3: 4.46mg (22.31%), Vitamin B6: 0.38mg (18.88%), Phosphorus: 186.2mg (18.62%), Vitamin B2: 0.3mg (17.52%), Iron: 2.37mg (13.18%), Potassium: 396.98mg (11.34%), Vitamin B1: 0.15mg (9.75%), Manganese: 0.17mg (8.66%), Vitamin B5: 0.72mg (7.23%), Vitamin E: 1.06mg (7.09%), Magnesium: 27.23mg (6.81%), Copper: 0.13mg (6.72%), Folate: 25.42µg (6.35%), Vitamin A: 285.29IU (5.71%), Calcium: 52.74mg (5.27%), Fiber: 0.91g (3.66%), Vitamin K: 3.28µg (3.13%), Vitamin D: 0.37µg (2.46%), Vitamin C: 1.84mg (2.23%)