



## Simply Delicious Meat Loaf and Gravy

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



368 kcal

SAUCE

### Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 eggs beaten
- 1.5 pounds ground beef
- 0.5 cup seasoned bread crumbs dry
- 0.3 cup water

### Equipment

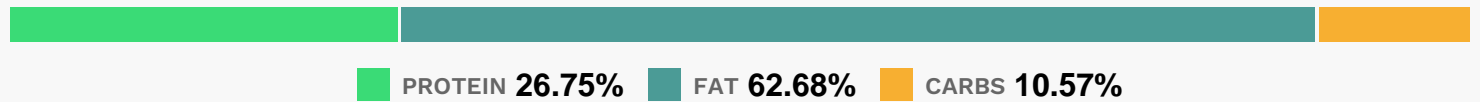
- sauce pan
- oven

baking pan

## Directions

- Mix thoroughly beef, bread crumbs and egg. Shape firmly into 8x4-inch loaf in baking pan.
- Bake at 350 degrees F for 30 minutes.
- Spread 1/2 can soup over top of meat loaf.
- Bake 30 minutes or until done.
- Mix 2 tablespoons drippings, remaining soup and water in saucepan.
- Heat through and serve with meat loaf.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:13.293913021036%

## Nutrients (% of daily need)

Calories: 367.8kcal (18.39%), Fat: 25.14g (38.68%), Saturated Fat: 9.68g (60.49%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 8.95g (3.26%), Sugar: 0.6g (0.67%), Cholesterol: 110.43mg (36.81%), Sodium: 580.6mg (25.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.29%), Vitamin B12: 2.61µg (43.47%), Zinc: 5.54mg (36.92%), Selenium: 21.73µg (31.04%), Vitamin B3: 5.87mg (29.36%), Phosphorus: 226.12mg (22.61%), Vitamin B6: 0.42mg (20.81%), Iron: 3.18mg (17.64%), Vitamin B2: 0.27mg (16.08%), Manganese: 0.26mg (13.21%), Potassium: 403.39mg (11.53%), Vitamin B1: 0.16mg (10.53%), Copper: 0.2mg (10.1%), Vitamin B5: 0.84mg (8.4%), Magnesium: 28.41mg (7.1%), Folate: 26.84µg (6.71%), Vitamin K: 6.66µg (6.35%), Calcium: 45.05mg (4.5%), Vitamin E: 0.57mg (3.79%), Fiber: 0.59g (2.37%), Vitamin D: 0.26µg (1.73%), Vitamin A: 58.9IU (1.18%)