

Skillet Meatloaf

READY IN



55 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce condensed tomato soup divided canned
- 0.5 cup bread crumbs dry
- 1 eggs lightly beaten
- 1.5 pounds ground beef
- 0.3 cup onion chopped
- 1 teaspoon pepper
- 1 teaspoon salt
- 0.5 cup mozzarella cheese shredded
- 0.3 cup water

0.5 teaspoon mustard yellow prepared

Equipment

bowl

frying pan

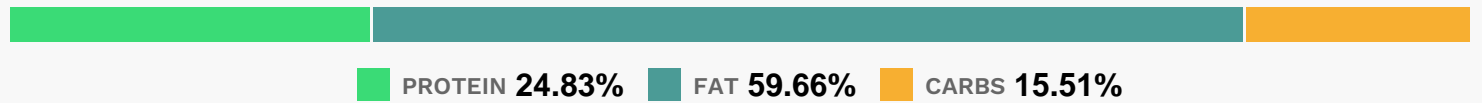
Directions

In a large bowl, mix together 1/4 cup of the tomato soup, ground beef, bread crumbs, egg, onion, salt and pepper using your hands. Shape firmly into two loaves.

Heat a large deep skillet over medium-high heat. Brown the meatloaves in the hot skillet, then reduce heat to medium and cover with a lid. Simmer for about 25 minutes, or until meat is cooked through.

Spoon the fat from the skillet, and stir in the remaining soup, water, and mustard. Top with mozzarella cheese, and let simmer uncovered for 10 minutes, stirring sauce occasionally.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:2.85, Inflammation Score:-4, Nutrition Score:14.70608694657%

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: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 399.35kcal (19.97%), Fat: 26.2g (40.3%), Saturated Fat: 10.33g (64.58%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 14.14g (5.14%), Sugar: 5.15g (5.72%), Cholesterol: 115.17mg (38.39%), Sodium: 795.27mg (34.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.06%), Vitamin B12: 2.74µg (45.6%), Zinc: 5.35mg (35.66%), Selenium: 24.83µg (35.47%), Vitamin B3: 5.86mg (29.28%), Phosphorus: 260.23mg (26.02%), Vitamin B6: 0.45mg (22.3%), Potassium: 641.35mg (18.32%), Iron: 3.16mg (17.56%), Vitamin B2: 0.27mg (16.14%), Vitamin B1: 0.17mg (11.14%), Manganese: 0.22mg (11.14%), Calcium: 98.53mg (9.85%), Magnesium: 34.55mg (8.64%), Vitamin C: 7.05mg (8.54%), Vitamin B5: 0.76mg (7.59%), Copper: 0.13mg (6.65%), Vitamin A: 304.05IU (6.08%), Folate: 23.02µg (5.76%), Vitamin E: 0.75mg (4.97%), Vitamin K: 5.08µg (4.83%), Fiber: 1.18g (4.72%), Vitamin D:

0.3µg (1.98%)