



Slow-Cooker Meat Loaf with Shiitake Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons dijon mustard
- ☐ 2 large eggs lightly beaten
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 pound ground round
- ☐ 0.8 pound pd of ground turkey
- ☐ 1 teaspoon seasoning dried italian

- ☐ 2 tablespoons catsup
- ☐ 0.5 cup onion fresh grated
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups mushroom caps sliced
- ☐ 2 ounce bread whole wheat

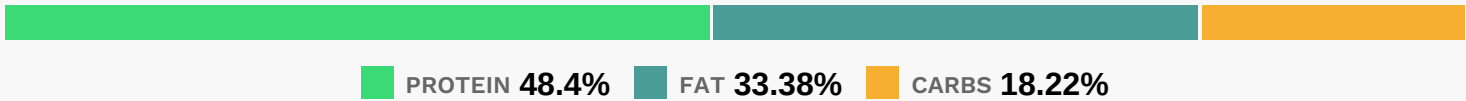
Equipment

- ☐ food processor
- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place bread in a food processor, and pulse 10 times or until crumbs measure 1 1/3 cups.
- ☐ Combine the crumbs, beef, and next 7 ingredients (beef through garlic) in a large bowl, and shape meat mixture into a 9 x 6-inch loaf.
- ☐ Place loaf in an electric slow cooker.
- ☐ Combine ketchup, mustard, and pepper in a small bowl, stirring with a fork.
- ☐ Spread ketchup mixture evenly over top of loaf. Cover with lid; cook on LOW for 5 hours.

Nutrition Facts



Properties

Glycemic Index:37.95, Glycemic Load:3.55, Inflammation Score:-4, Nutrition Score:17.903913062552%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 243.25kcal (12.16%), Fat: 9.06g (13.93%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 8.69g (3.16%), Sugar: 3.49g (3.88%), Cholesterol: 130.04mg (43.35%), Sodium: 488.11mg (21.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.1%), Vitamin B3: 11.12mg (55.59%), Selenium: 33.33µg (47.62%), Vitamin B6: 0.94mg (47.24%), Phosphorus: 357.24mg (35.72%), Zinc: 4.73mg (31.55%), Vitamin B12: 1.69µg (28.18%), Vitamin B2: 0.38mg (22.23%), Vitamin B5: 2.03mg (20.33%), Manganese: 0.4mg (19.97%), Potassium: 610.15mg (17.43%), Iron: 2.67mg (14.86%), Magnesium: 52.04mg (13.01%), Copper: 0.2mg (10.08%), Fiber: 2.44g (9.75%), Vitamin B1: 0.12mg (8.12%), Folate: 31.01µg (7.75%), Vitamin D: 0.84µg (5.62%), Calcium: 45.45mg (4.54%), Vitamin E: 0.6mg (4.01%), Vitamin K: 3.58µg (3.41%), Vitamin A: 154.31IU (3.09%), Vitamin C: 1.39mg (1.69%)