

# Slower Cooker Meatloaf

 Dairy Free  Low Fod Map

READY IN



370 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons onion soup mix dry
- 2 eggs beaten
- 3 tablespoons catsup
- 2 pounds ground beef lean
- 3 tablespoons steak seasoning

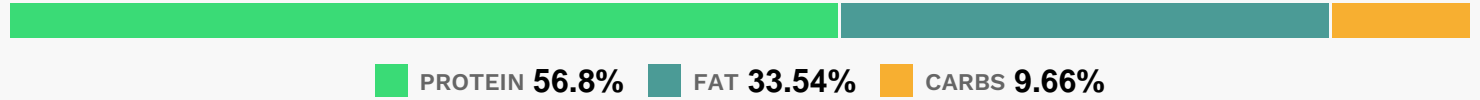
## Equipment

- bowl
- slow cooker

## Directions

- In a medium bowl, mix together the ground beef, eggs, 3 tablespoons ketchup, onion soup mix and steak seasoning using your hands. Pat lightly into the bottom of a slow cooker.
- Spread remaining ketchup over the top. Cover, and cook for 6 to 8 hours on Low, or 4 hours on High.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:18.074782529603%

## Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 252.82kcal (12.64%), Fat: 9.13g (14.04%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.42g (1.97%), Sugar: 1.89g (2.1%), Cholesterol: 148.3mg (49.43%), Sodium: 490.34mg (21.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.77g (69.54%), Vitamin B12: 3.52µg (58.62%), Zinc: 8mg (53.35%), Selenium: 31.19µg (44.56%), Vitamin B3: 8.54mg (42.7%), Phosphorus: 341.69mg (34.17%), Vitamin B6: 0.68mg (33.89%), Iron: 4.63mg (25.75%), Vitamin B2: 0.34mg (19.82%), Potassium: 605.18mg (17.29%), Vitamin K: 16.88µg (16.08%), Vitamin B5: 1.23mg (12.31%), Magnesium: 42.73mg (10.68%), Manganese: 0.19mg (9.44%), Copper: 0.16mg (8.17%), Vitamin B1: 0.08mg (5.63%), Calcium: 48.23mg (4.82%), Vitamin E: 0.72mg (4.79%), Folate: 17.89µg (4.47%), Vitamin A: 170.88IU (3.42%), Vitamin D: 0.44µg (2.96%), Fiber: 0.5g (1.98%)