



Smothered Meatloaf

READY IN



430 min.

SERVINGS



6

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce condensed cheddar soup divided canned
- 10 ounce cream of mushroom soup canned
- 1 eggs
- 0.5 cup evaporated milk
- 8 ounce mushrooms fresh sliced
- 5.3 ounce garlic herb shake and bake kraft (recommended:)
- 1.3 pounds ground pork
- 1 pound ground beef lean
- 4.5 ounce mushrooms green drained sliced (recommended: Giant)

- 1 onion sliced thin
- 1.1 ounce beefy onion soup mix (recommended: Lipton)
- 4 cups potatoes o'brien (recommended: Ore-Ida)

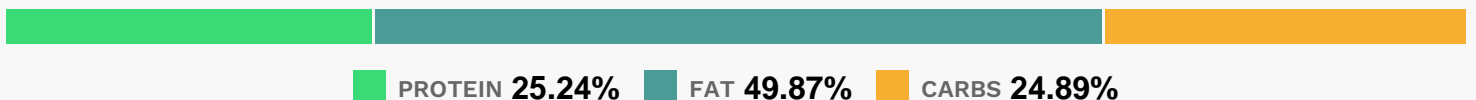
Equipment

- bowl
- oven
- wooden spoon
- slow cooker

Directions

- Place potatoes in the bottom of a 5-quart slow cooker.
- In a large bowl, combine ground beef, ground pork, shake and bake, onion soup mix, sliced jarred mushrooms, and egg. Set aside.
- In a small bowl, stir together 1/2 cup Cheddar soup and evaporated milk.
- Add to meat mixture. Using a wooden spoon or clean hands mix thoroughly and form into a loaf.
- Place in slow cooker on top of the potatoes. Make sure meatloaf does not touch the sides of the slow cooker.
- Stir together remaining cheddar soup with cream of mushroom soup.
- Pour over meatloaf. Top with onions and sliced fresh mushrooms.
- Cover and cook on HIGH setting for 1 hour. Reduce the temperature to LOW setting and cook for an additional 5 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:18.71, Inflammation Score:-6, Nutrition Score:31.173478333846%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 695.98kcal (34.8%), Fat: 38.56g (59.33%), Saturated Fat: 16.78g (104.89%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 38.43g (13.97%), Sugar: 6.33g (7.03%), Cholesterol: 180.08mg (60.03%), Sodium: 1332.92mg (57.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.91g (87.82%), Selenium: 45.4µg (64.86%), Vitamin B3: 12.43mg (62.15%), Vitamin B1: 0.93mg (61.85%), Vitamin B6: 1.23mg (61.34%), Phosphorus: 532.79mg (53.28%), Potassium: 1763.8mg (50.39%), Zinc: 7.51mg (50.04%), Vitamin B2: 0.77mg (45.5%), Vitamin B12: 2.55µg (42.55%), Vitamin C: 31.41mg (38.08%), Copper: 0.57mg (28.42%), Vitamin B5: 2.82mg (28.18%), Iron: 4.62mg (25.67%), Manganese: 0.46mg (23.11%), Magnesium: 86.28mg (21.57%), Fiber: 4.87g (19.49%), Folate: 52.86µg (13.22%), Calcium: 129.2mg (12.92%), Vitamin A: 328.85IU (6.58%), Vitamin K: 3.18µg (3.03%), Vitamin D: 0.36µg (2.41%), Vitamin E: 0.35mg (2.35%)