



Sweet and Sour Meatloaf

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 1 lb ground beef lean
- 0.5 lb ground pork lean
- 0.5 cup breadcrumbs plain
- 0.3 cup soy sauce
- 1 tablespoon onion instant minced
- 0.5 teaspoon highest available proof grain spirit
- 0.3 teaspoon salt

- 4 tablespoons soy sauce
- 3 bell pepper green red
- 3 slices pineapple rings canned drained

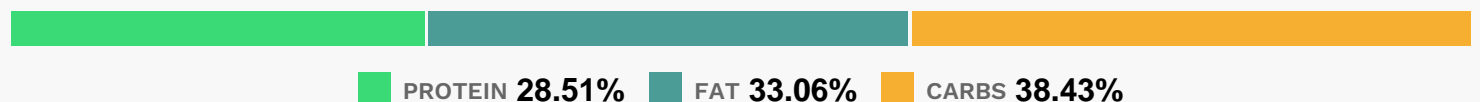
Equipment

- bowl
- oven
- loaf pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 350°F. Beat egg in large bowl.
- Add all remaining meatloaf ingredients; mix well. Press mixture firmly in ungreased 8x4-inch loaf pan.
- Bake at 350°F. for 40 minutes.
- Remove meatloaf from oven.
- Spread about 3 tablespoons sweet-and-sour sauce over loaf. Arrange bell pepper rings and pineapple slices over sauce.
- Brush with remaining tablespoon sauce.
- Return to oven; bake an additional 25 to 30 minutes or until meatloaf is thoroughly cooked in center and meat thermometer registers 160°F. Cover with foil; let stand 5 minutes before cutting meatloaf into slices.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:17.886521940646%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 366.52kcal (18.33%), Fat: 13.1g (20.16%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 34.26g (11.42%), Net Carbohydrates: 32.43g (11.79%), Sugar: 21.98g (24.42%), Cholesterol: 101.37mg (33.79%), Sodium: 636.41mg (27.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.85%), Vitamin C: 50.86mg (61.65%), Selenium: 27.1µg (38.72%), Vitamin B12: 2.05µg (34.25%), Vitamin B3: 6.79mg (33.95%), Zinc: 5.04mg (33.58%), Vitamin B6: 0.62mg (31.12%), Vitamin B1: 0.46mg (30.76%), Phosphorus: 261.33mg (26.13%), Vitamin B2: 0.3mg (17.91%), Iron: 2.99mg (16.6%), Potassium: 540.87mg (15.45%), Magnesium: 39.61mg (9.9%), Vitamin B5: 0.97mg (9.65%), Manganese: 0.18mg (8.83%), Copper: 0.18mg (8.78%), Fiber: 1.83g (7.34%), Folate: 26.8µg (6.7%), Vitamin A: 276.51IU (5.53%), Vitamin K: 5.46µg (5.2%), Calcium: 43.63mg (4.36%), Vitamin E: 0.53mg (3.5%), Vitamin D: 0.22µg (1.48%)