



Sweet and Sour Meatloaf

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs plain
- 1 eggs
- 0.5 lb ground pork lean
- 1 lb ground beef lean
- 1 tablespoon onion instant minced
- 0.5 teaspoon garlic
- 0.3 teaspoon salt
- 0.3 cup soy sauce

4 tablespoons soy sauce

Equipment

bowl

oven

loaf pan

kitchen thermometer

aluminum foil

Directions

Heat oven to 350F. Beat egg in large bowl.

Add all remaining meatloaf ingredients; mix well. Press mixture firmly in ungreased 8x4-inch loaf pan.

Bake at 350F. 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 160F. Cover with foil; let stand 5 minutes before cutting meatloaf into slices.

Nutrition Facts



PROTEIN 30.59% **FAT 36.1%** **CARBS 33.31%**

Properties

Glycemic Index:9.5, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:12.932174039924%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 336.73kcal (16.84%), Fat: 12.97g (19.95%), Saturated Fat: 5.01g (31.34%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 26.48g (9.63%), Sugar: 16.55g (18.39%), Cholesterol: 101.37mg (33.79%), Sodium: 634.36mg (27.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.45%), Selenium: 27.02µg (38.59%), Vitamin B12: 2.05µg (34.25%), Zinc: 4.91mg (32.74%), Vitamin B3: 6.4mg (32%), Vitamin B1: 0.4mg (26.59%), Phosphorus: 246.07mg (24.61%), Vitamin B6: 0.47mg (23.48%), Vitamin B2: 0.28mg (16.53%), Iron: 2.7mg (15.02%), Potassium: 401.27mg (11.46%), Vitamin B5: 0.9mg (9.03%), Magnesium: 28.8mg (7.2%), Copper: 0.1mg (5.25%), Manganese: 0.1mg (5.13%), Folate: 19.07µg (4.77%), Calcium: 33.57mg (3.36%), Vitamin E: 0.3mg (1.98%), Fiber: 0.44g (1.75%), Vitamin D: 0.22µg (1.48%)