



## Swiss Cheese Meatloaf

READY IN



75 min.

SERVINGS



3

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 16 buttery crackers crushed
- 2 eggs
- 2 teaspoons garlic minced
- 0.3 teaspoon ground pepper black
- 1 pound ground beef lean
- 1 small onion chopped
- 0.5 teaspoon rubbed sage
- 0.5 teaspoon salt
- 1 cup swiss cheese shredded divided

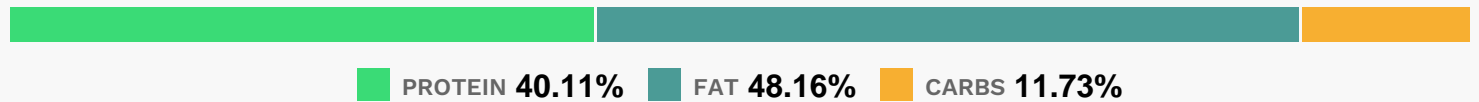
## Equipment

- bowl
- oven
- whisk
- loaf pan
- kitchen thermometer

## Directions

- Preheat an oven to 375 degrees F (190 degrees C). Grease a 3x7 inch loaf pan.
- Beat the eggs in a bowl to mix.
- Whisk in the cracker crumbs, onion, garlic, salt, pepper, and sage. Set aside 3 tablespoons of the Swiss cheese to use as a topping, and stir the rest into the egg mixture along with the ground beef. Pack the mixture into the prepared loaf pan.
- Bake in the preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). About 2 minutes before the meatloaf is ready, sprinkle with the reserved Swiss cheese, and return to the oven until melted.

## Nutrition Facts



## Properties

Glycemic Index:38.67, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:25.366521804229%

## Flavonoids

Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

## Nutrients (% of daily need)

Calories: 482.07kcal (24.1%), Fat: 25.26g (38.87%), Saturated Fat: 11.76g (73.49%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 12.99g (4.72%), Sugar: 2.42g (2.69%), Cholesterol: 236.34mg (78.78%), Sodium: 738.05mg (32.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.35g (94.69%), Vitamin B12: 4.74µg (78.92%),

Selenium: 47.3µg (67.57%), Zinc: 9.81mg (65.41%), Phosphorus: 617.88mg (61.79%), Vitamin B3: 9.18mg (45.88%), Calcium: 385.31mg (38.53%), Vitamin B6: 0.73mg (36.55%), Vitamin B2: 0.54mg (31.64%), Iron: 4.98mg (27.67%), Potassium: 652.78mg (18.65%), Vitamin B5: 1.68mg (16.77%), Magnesium: 54.9mg (13.73%), Vitamin B1: 0.16mg (10.9%), Folate: 40.67µg (10.17%), Vitamin E: 1.51mg (10.1%), Manganese: 0.2mg (9.89%), Copper: 0.19mg (9.6%), Vitamin K: 9.73µg (9.27%), Vitamin A: 459.74IU (9.19%), Vitamin D: 0.74µg (4.92%), Fiber: 0.86g (3.42%), Vitamin C: 2.36mg (2.86%)