



Tangy Sweet and Sour Meatloaf

 Dairy Free

READY IN

ready

70 min.

SERVINGS

servings

9

CALORIES

calories

312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 2 tablespoons cider vinegar
- ☐ 1 teaspoon onion dried minced
- ☐ 1 cup bread crumbs dry
- ☐ 2 eggs
- ☐ 1.5 pounds ground beef
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 teaspoons mustard prepared

- ☐ 0.5 cup splenda® no calorie sweetener
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon splenda® brown sugar blend

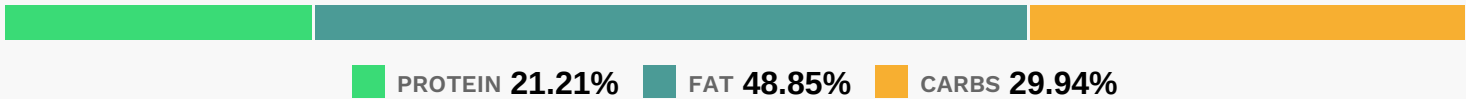
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, combine the ground beef, bread crumbs, salt, ground black pepper, eggs, onion flakes and 1/2 of the can of tomato sauce.
- ☐ Mix together well and place into a 5x9 inch loaf pan.
- ☐ Push the meatloaf down into the pan forming a well for the sauce around all the edges.
- ☐ Bake at 350 degrees F (175 degrees C) for 40 minutes.
- ☐ Meanwhile, in a small saucepan over medium heat, combine the remaining tomato sauce, SPLENDA® Brown Sugar Blend, vinegar, SPLENDA® Granulated Sweetener and mustard. Bring to a boil and remove from heat.
- ☐ After meatloaf has cooked for 40 minutes, remove from oven and pour sauce over the top of the meatloaf.
- ☐ Return to oven and bake at 350 degrees F (175 degrees C) for 20 more minutes.
- ☐ Let sit 5 minutes before removing from pan.

Nutrition Facts



Properties

Glycemic Index:22.11, Glycemic Load:5.9, Inflammation Score:-3, Nutrition Score:11.22217383592%

Nutrients (% of daily need)

Calories: 312.17kcal (15.61%), Fat: 16.87g (25.95%), Saturated Fat: 6.27g (39.22%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 21.9g (7.97%), Sugar: 12.95g (14.39%), Cholesterol: 90.05mg (30.02%), Sodium: 647.24mg (28.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.97%), Vitamin B12: 1.75µg (29.11%), Selenium: 18.06µg (25.8%), Zinc: 3.58mg (23.89%), Vitamin B3: 4.48mg (22.4%), Phosphorus: 174.58mg (17.46%), Vitamin B6: 0.33mg (16.57%), Iron: 2.71mg (15.06%), Vitamin B2: 0.24mg (13.94%), Potassium: 395.68mg (11.31%), Vitamin B1: 0.17mg (11.25%), Manganese: 0.2mg (9.97%), Vitamin B5: 0.75mg (7.53%), Vitamin E: 1.11mg (7.39%), Copper: 0.14mg (7.12%), Folate: 27.98µg (6.99%), Magnesium: 27.58mg (6.89%), Fiber: 1.36g (5.44%), Vitamin A: 258.58IU (5.17%), Calcium: 50.41mg (5.04%), Vitamin C: 3.72mg (4.51%), Vitamin K: 3.63µg (3.46%), Vitamin D: 0.27µg (1.81%)