



Tasty Easy Meatloaf

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs
- 3 Tbs brown sugar packed
- 3 Tbs brown sugar packed
- 0.5 lb sausage meat
- 16 oz tomato sauce divided canned
- 3 Tbs apple cider vinegar
- 0.5 tsp cumin
- 1 eggs beaten

- 1 tsp garlic powder
- 1 lb ground beef
- 1 small onion diced
- 0.5 tsp pepper
- 1.5 tsp salt
- 0.5 cup water
- 2 Tbs coarse mustard whole
- 2 Tbs worcestershire sauce

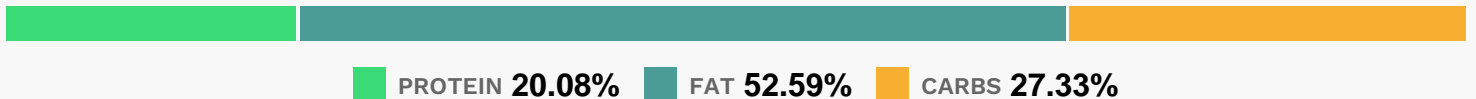
Equipment

- frying pan
- oven

Directions

- Mix beef, sausage, bread crumbs, onion, egg, salt, pepper, cumin, garlic powder, cup tomato sauce. Do not over mix or your meatloaf will become chewy. Simply use your fingers and mush it together and only do this until it is just mixed.
- Place in a shallow oven proof pan and form into a loaf. Stir together the remaining sauce, vinegar, sugar, mustard, water and Worcestershire
- Pour the sauce over the meatloaf and bake x 1 hour until cooked through. While cooking, spoon the sauce over the top of the meatloaf about every 20 minutes.
- Remove from the oven and spoon the sauce over the top a final time. Allow to rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.22, Inflammation Score:-4, Nutrition Score:12.529130434783%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Taste

Sweetness: 56.77%, Saltiness: 100%, Sourness: 14.27%, Bitterness: 22.34%, Savoriness: 55.99%, Fattiness: 59.93%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 351.49kcal (17.57%), Fat: 20.44g (31.45%), Saturated Fat: 7.22g (45.12%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 22.05g (8.02%), Sugar: 12.49g (13.88%), Cholesterol: 81.13mg (27.04%), Sodium: 1130.56mg (49.15%), Protein: 17.55g (35.11%), Vitamin B3: 5.27mg (26.36%), Vitamin B12: 1.55µg (25.84%), Zinc: 3.45mg (23%), Selenium: 15.5µg (22.14%), Phosphorus: 188.7mg (18.87%), Vitamin B6: 0.38mg (18.76%), Iron: 3.21mg (17.81%), Vitamin B1: 0.27mg (17.69%), Vitamin B2: 0.25mg (14.5%), Potassium: 502.9mg (14.37%), Manganese: 0.27mg (13.25%), Copper: 0.18mg (9.19%), Magnesium: 34.02mg (8.51%), Vitamin B5: 0.85mg (8.47%), Vitamin E: 1.2mg (7.98%), Fiber: 1.85g (7.39%), Folate: 28.96µg (7.24%), Calcium: 68mg (6.8%), Vitamin C: 5.4mg (6.54%), Vitamin A: 304.94IU (6.1%), Vitamin K: 3.98µg (3.79%), Vitamin D: 0.54µg (3.57%)