



WHATSheATE



The Best Meatloaf

 Popular

READY IN



75 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs soft
- ☐ 1 eggs
- ☐ 0.5 cup bell pepper diced green
- ☐ 1.5 pounds ground beef
- ☐ 1 dash ground pepper black
- ☐ 0.5 cup milk
- ☐ 1 onion chopped
- ☐ 1.3 teaspoons salt

☐ 0.3 cup steak sauce

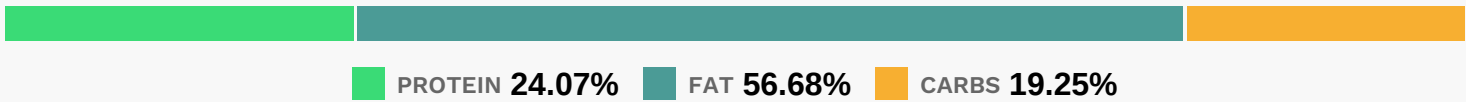
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8 1/2 x 4 1/2 inch loaf pan.
- ☐ In a mixing bowl, combine the ground beef, salt, egg, black pepper and bread crumbs.
- ☐ Pour in the milk, 3 tablespoons of the steak sauce, onion and green bell pepper.
- ☐ Place the mixture into the prepared loaf pan and shape into a loaf.
- ☐ Brush the top with the remaining steak sauce.
- ☐ Bake in the preheated oven for 1 hour or until done. Allow to stand 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:15.505217500355%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 404.13kcal (20.21%), Fat: 25.05g (38.54%), Saturated Fat: 9.54g (59.63%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 17.61g (6.4%), Sugar: 4.48g (4.98%), Cholesterol: 110.23mg (36.74%), Sodium: 927.79mg (40.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.88%), Vitamin B12: 2.66µg (44.41%), Zinc: 5.27mg (35.15%), Selenium: 24.38µg (34.83%), Vitamin B3: 6.22mg (31.08%), Phosphorus: 256.08mg (25.61%), Vitamin B6: 0.48mg (23.83%), Iron: 3.46mg (19.24%), Vitamin B2: 0.32mg (18.68%), Vitamin B1: 0.26mg (17.14%), Vitamin C: 12.23mg (14.83%), Potassium: 471.8mg (13.48%), Manganese: 0.24mg (12.23%), Folate: 36.42µg (9.11%),

Calcium: 90.79mg (9.08%), Magnesium: 35.68mg (8.92%), Vitamin B5: 0.89mg (8.92%), Copper: 0.16mg (8.06%),
Fiber: 1.53g (6.13%), Vitamin E: 0.77mg (5.12%), Vitamin K: 4.62µg (4.4%), Vitamin D: 0.48µg (3.22%), Vitamin A:
157.62IU (3.15%)