



The Best Meatloaf I've Ever Made

READY IN



85 min.

SERVINGS



12

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 3 slices bread crumbled toasted
- 1 tablespoon butter
- 7 buttery round crackers crushed
- 15 ounce tomato sauce divided canned
- 1 eggs lightly beaten
- 2 pounds extra-lean ground beef
- 2 cloves garlic minced
- 3 tablespoons catsup

- 0.3 cup onion minced
- 1.5 teaspoons salt
- 3.5 tablespoons cup heavy whipping cream sour
- 1.5 tablespoons worcestershire sauce

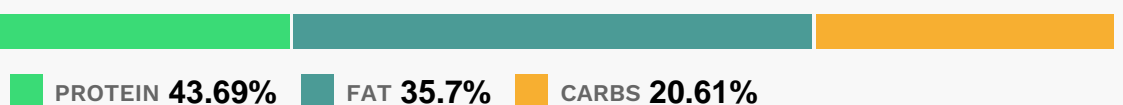
Equipment

- bowl
- frying pan
- oven
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Melt the butter in a skillet over medium heat, and cook the onion and garlic 5 minutes, until onion is tender.
- Remove from heat, and season with salt and pepper.
- In a large bowl, mix the onion and garlic, beef, crumbled bread, crushed crackers, egg, sour cream, Worcestershire sauce, and 1/2 can tomato sauce. Gradually stir in the milk 1 teaspoon at a time until mixture is moist, but not soggy.
- Transfer the mixture to a 5x9 inch loaf pan.
- Bake uncovered in the preheated oven 40 minutes. Increase oven temperature to 400 degrees F (200 degrees C), and continue baking 15 minutes, to an internal temperature of 160 degrees F (70 degrees C).
- In a small bowl, mix the remaining tomato sauce and ketchup.
- Pour over the top of the meatloaf, and continue baking 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.22, Glycemic Load:2.54, Inflammation Score:-3, Nutrition Score:10.799999931584%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 168.53kcal (8.43%), Fat: 6.6g (10.16%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 7.59g (2.76%), Sugar: 3.1g (3.44%), Cholesterol: 65.08mg (21.69%), Sodium: 632.8mg (27.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.35%), Vitamin B12: 1.74µg (28.92%), Zinc: 4.09mg (27.3%), Vitamin B3: 5.07mg (25.33%), Selenium: 16.87µg (24.1%), Phosphorus: 187.64mg (18.76%), Vitamin B6: 0.36mg (18.22%), Iron: 2.7mg (15.03%), Potassium: 426.28mg (12.18%), Vitamin B2: 0.2mg (11.82%), Manganese: 0.19mg (9.44%), Vitamin B5: 0.74mg (7.4%), Magnesium: 27.62mg (6.91%), Copper: 0.13mg (6.43%), Vitamin E: 0.94mg (6.24%), Vitamin B1: 0.08mg (5.53%), Vitamin A: 246.74IU (4.93%), Folate: 17.35µg (4.34%), Vitamin C: 3.36mg (4.07%), Fiber: 0.99g (3.97%), Calcium: 34.87mg (3.49%), Vitamin K: 3.15µg (3%)