

# The Most Easy and Delish Meatloaf EVER!

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 round buttery crackers crushed ritz® (such as )
- 14 ounce to 2 chilies slit diced with green chile peppers (such as ro\*tel®), undrained canned
- 1 eggs
- 1.5 teaspoons garlic powder to taste
- 1.5 pounds ground beef
- 0.5 teaspoon pepper black to taste
- 1.5 teaspoons lawry's seasoned salt to taste

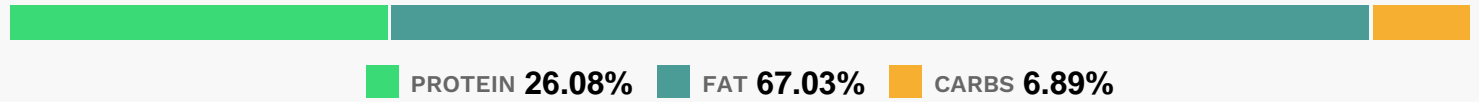
## Equipment

- oven
- mixing bowl
- loaf pan
- kitchen thermometer

## Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Beat the egg in a mixing bowl, then add the ground beef, tomatoes, and crushed crackers. Season with onion flakes, garlic powder, seasoned salt, and pepper.
- Mix until evenly combined. Pack into a 9x5 inch 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).

## Nutrition Facts



## Properties

Glycemic Index:6.17, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:11.127391195816%

## Nutrients (% of daily need)

Calories: 321.74kcal (16.09%), Fat: 23.5g (36.16%), Saturated Fat: 8.96g (56.01%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 3.13g (1.14%), Sugar: 2.29g (2.54%), Cholesterol: 107.79mg (35.93%), Sodium: 892.93mg (38.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.14%), Vitamin B12: 2.49µg (41.53%), Zinc: 4.86mg (32.42%), Selenium: 19.47µg (27.82%), Vitamin B3: 4.83mg (24.16%), Phosphorus: 198.42mg (19.84%), Vitamin B6: 0.39mg (19.6%), Iron: 2.41mg (13.41%), Vitamin B2: 0.2mg (12%), Vitamin C: 7.95mg (9.63%), Potassium: 328.17mg (9.38%), Fiber: 2.3g (9.22%), Vitamin B5: 0.69mg (6.91%), Magnesium: 21.13mg (5.28%), Copper: 0.08mg (4.09%), Vitamin B1: 0.06mg (3.82%), Vitamin E: 0.57mg (3.77%), Folate: 12.13µg (3.03%), Calcium: 26.98mg (2.7%), Vitamin K: 2.59µg (2.47%), Manganese: 0.05mg (2.31%), Vitamin D: 0.26µg (1.73%)