



## The Most Easy and Delish Meatloaf EVER!

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 sleeve buttery round crackers crushed ritz® (such as )
- ☐ 14 ounce canned tomatoes 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 ground pepper black to taste
- ☐ 1 teaspoon onion flakes
- ☐ 1.5 teaspoons lawry's seasoned salt to taste

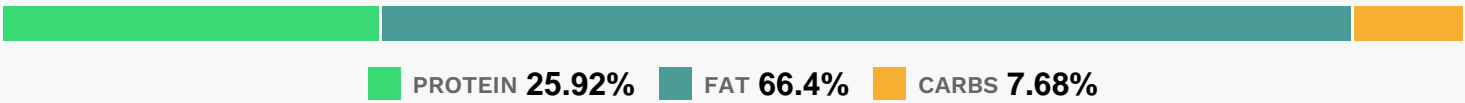
## Equipment

- ☐ 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:11.326521668745%

## Nutrients (% of daily need)

Calories: 324.61kcal (16.23%), Fat: 23.51g (36.17%), Saturated Fat: 8.96g (56.02%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 3.74g (1.36%), Sugar: 2.6g (2.89%), Cholesterol: 107.79mg (35.93%), Sodium: 893.1mg (38.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.29%), Vitamin B12: 2.49µg (41.53%), Zinc: 4.88mg (32.53%), Selenium: 19.51µg (27.88%), Vitamin B3: 4.84mg (24.2%), Vitamin B6: 0.41mg (20.25%), Phosphorus: 200.91mg (20.09%), Iron: 2.43mg (13.48%), Vitamin B2: 0.2mg (12.05%), Vitamin C: 8.56mg (10.38%), Potassium: 341.5mg (9.76%), Fiber: 2.38g (9.52%), Vitamin B5: 0.7mg (7.03%), Magnesium: 21.89mg (5.47%), Copper: 0.09mg (4.26%), Vitamin B1: 0.06mg (4.1%), Vitamin E: 0.57mg (3.78%), Folate: 13.49µg (3.37%), Calcium: 29.09mg (2.91%), Manganese: 0.06mg (2.88%), Vitamin K: 2.62µg (2.5%), Vitamin D: 0.26µg (1.73%)