

Venison Meatloaf

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 1 dash cinnamon
- 0.3 teaspoon cilantro leaves dried
- 0.5 teaspoon onion flakes dried minced
- 1 eggs beaten
- 0.5 teaspoon garlic powder
- 0.3 teaspoon ground thyme
- 1 pound ground venison

- 3 tablespoons catsup
- 1 dash paprika
- 8 saltines crumbled
- 0.5 teaspoon spicy brown mustard

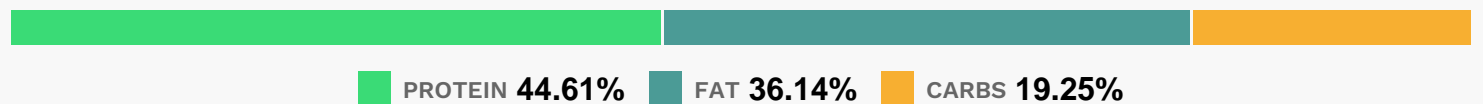
Equipment

- bowl
- oven
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix together venison, 1 tablespoon brown sugar, crackers, and egg in a bowl. Season with mustard, cilantro, garlic powder, onion flakes, thyme, cinnamon, and paprika; mix well. Pat mixture into a 9x9-inch pan, or a loaf pan.
- Bake in preheated oven to an internal temperature of 160 degrees F (70 degrees C), about 40 minutes. Stir together the ketchup, with 1 tablespoon brown sugar.
- Spread on top of the meatloaf, and place back in the oven for 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:15.186086903448%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 246.26kcal (12.31%), Fat: 9.7g (14.92%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 11.14g (4.05%), Sugar: 5.68g (6.31%), Cholesterol: 131.64mg (43.88%), Sodium: 267.33mg (11.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.87%), Vitamin B1: 0.67mg (44.96%), Vitamin B12: 2.22µg (37.06%), Vitamin B3: 7.04mg (35.22%), Zinc: 5mg (33.35%), Vitamin B6: 0.59mg (29.34%), Phosphorus:

263.36mg (26.34%), Vitamin B2: 0.43mg (25.05%), Selenium: 15.8µg (22.57%), Iron: 4.05mg (22.47%), Potassium: 451.96mg (12.91%), Vitamin B5: 1mg (10.04%), Copper: 0.19mg (9.63%), Magnesium: 29.78mg (7.44%), Manganese: 0.15mg (7.33%), Vitamin E: 0.88mg (5.88%), Folate: 20.25µg (5.06%), Vitamin K: 4.54µg (4.33%), Calcium: 30.05mg (3%), Vitamin A: 133.52IU (2.67%), Fiber: 0.48g (1.94%), Vitamin D: 0.22µg (1.47%), Vitamin C: 1.01mg (1.22%)