

Very Old Meatloaf

READY IN



110 min.

SERVINGS



8

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs
- 1 carrots diced
- 1 eggs
- 1 small apples i use 2 granny smith apples diced
- 2 pounds ground beef
- 1 tablespoon milk
- 1 onion diced
- 2 tablespoons water

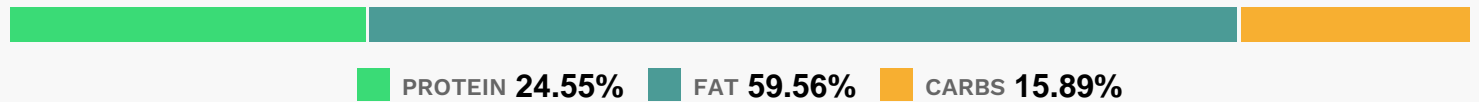
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Mix ground beef with water and milk in a large bowl using your hands until beef is evenly moistened.
- Mix bread crumbs, onion, carrot, apple, and egg into the beef mixture until evenly integrated.
- Form the beef mixture into a loaf.
- Transfer the meatloaf to a deep baking dish; tent with a sheet of aluminum foil.
- Bake in preheated oven for 1 hour; remove foil tent and bake until no longer pink the center, about 30 minutes more.

Nutrition Facts



Properties

Glycemic Index:17.98, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:14.156087009803%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg 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: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 368.66kcal (18.43%), Fat: 24.04g (36.99%), Saturated Fat: 9.08g (56.77%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 12.93g (4.7%), Sugar: 3.83g (4.25%), Cholesterol: 101.2mg (33.73%), Sodium: 189.5mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.6%), Vitamin B12: 2.53µg (42.22%), Zinc: 5.06mg (33.76%), Selenium: 22.21µg (31.73%), Vitamin B3: 5.8mg (29.01%), Vitamin A: 1316.9IU (26.34%), Phosphorus: 222.93mg (22.29%), Vitamin B6: 0.43mg (21.39%), Iron: 3.02mg (16.79%), Vitamin B2: 0.26mg (15.47%), Vitamin B1: 0.2mg (13.14%), Potassium: 407.44mg (11.64%), Manganese: 0.17mg (8.61%), Vitamin B5: 0.78mg (7.84%), Folate: 29.59µg (7.4%), Magnesium: 29.23mg (7.31%), Copper: 0.12mg (6.1%), Fiber: 1.5g (6.01%), Calcium: 57.41mg (5.74%), Vitamin K: 4.43µg (4.21%), Vitamin E: 0.62mg (4.14%), Vitamin C: 2.32mg (2.82%), Vitamin D: 0.24µg (1.63%)