

Yummy Meatloaf

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 2 pounds ground beef
- 0.3 teaspoon pepper black
- 0.5 onion chopped
- 8 servings salt to taste
- 10 ounce saltines crushed
- 1 tablespoon steak sauce
- 0.8 cup water

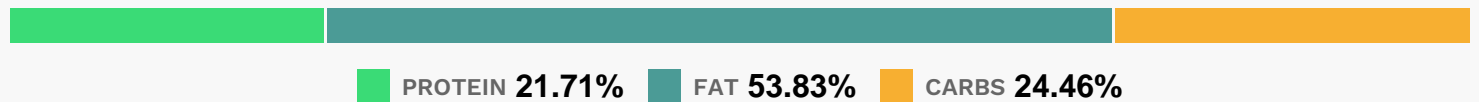
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine the beef, onion, crushed crackers, salt, ground black pepper, steak sauce, eggs and water and mix well.
- Transfer to an ungreased 9x13 inch baking dish. Form into a loaf about 6x10 inches.
- Bake at 350 degrees F (175 degrees C) for 1 hour, or until center is completely cooked.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:15.52565218573%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 456.58kcal (22.83%), Fat: 26.8g (41.23%), Saturated Fat: 9.63g (60.21%), Carbohydrates: 27.4g (9.13%), Net Carbohydrates: 26.24g (9.54%), Sugar: 0.97g (1.08%), Cholesterol: 121.43mg (40.48%), Sodium: 651.18mg (28.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.63%), Vitamin B12: 2.56µg (42.61%), Vitamin B3: 7.11mg (35.55%), Selenium: 24.09µg (34.41%), Zinc: 5.15mg (34.32%), Iron: 4.41mg (24.52%), Phosphorus: 239.81mg (23.98%), Vitamin B2: 0.39mg (23.16%), Vitamin B6: 0.43mg (21.29%), Vitamin B1: 0.31mg (20.39%), Manganese: 0.33mg (16.6%), Folate: 62.06µg (15.52%), Potassium: 391.98mg (11.2%), Vitamin K: 11.25µg (10.71%), Vitamin B5: 0.92mg (9.16%), Magnesium: 30.09mg (7.52%), Copper: 0.14mg (6.86%), Vitamin E: 1.01mg (6.74%), Fiber: 1.15g (4.61%), Calcium: 36.3mg (3.63%), Vitamin D: 0.33µg (2.22%), Vitamin A: 65.76IU (1.32%)