

Aunt Pauline's Meat Loaf

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1 pound ground beef
1/4 teaspoon cayenne pepper
1/4 cup oatmeal
1 teaspoon chili powder
1 small onion, chopped
1 can (12 ounce) tomato sauce,
divided
salt (to taste)
pepper (to taste)

Preheat the oven to 350 degrees.

In a bowl, mix the ground beef, cayenne, oatmeal, chili powder, onion, salt, pepper and one-half the tomato sauce.

Place the mixture in a loaf pan. Pour the remaining tomato sauce on the top.

Bake for about 45 minutes.

Per Serving (excluding unknown items): 1610 Calories; 123g Fat (68.7% calories from fat); 84g Protein; 42g Carbohydrate; 9g Dietary Fiber; 386mg Cholesterol; 1820mg Sodium. Exchanges: 1 Grain(Starch); 11 Lean Meat; 4 1/2 Vegetable; 18 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1610	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	68.7%	Vitamin B12 (mcg):	12.0mcg
% Calories from Carbohydrates:	10.5%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	20.8%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	123g	Folacin (mcg):	85mcg
Saturated Fat (g):	49g	Niacin (mg):	24mg
Monounsaturated Fat (g):	53g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	386mg	% Refuse:	n n%
Carbohydrate (g):	42g	Food Exchanges	
Dietary Fiber (g):	9g	Grain (Starch):	1
Protein (g):	84g	Lean Meat:	11
Sodium (mg):	1820mg	Vegetable:	4 1/2

Potassium (mg): 2244mg
Calcium (mg): 111mg
Iron (mg): 11mg
Zinc (mg): 18mg
Vitamin C (mg): 24mg
Vitamin A (i.u.): 3476IU
Vitamin A (r.e.): 348RE

Fruit: 0
Non-Fat Milk: 0
Fat: 18 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1610 **Calories from Fat:** 1106

% Daily Values*

Total Fat 123g	189%
Saturated Fat 49g	247%
Cholesterol 386mg	129%
Sodium 1820mg	76%
Total Carbohydrates 42g	14%
Dietary Fiber 9g	34%
Protein 84g	
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Vitamin A	70%
Vitamin C	39%
Calcium	11%
Iron	62%

* Percent Daily Values are based on a 2000 calorie diet.