

Diner-Style Meat Loaf

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1 1/2 pounds ground beef
3 slices white bread, torn into small pieces
1 small onion, finely chopped
1 egg
1/4 cup milk
1/4 teaspoon dry mustard
1 teaspoon salt
1/4 teaspoon black pepper
3 tablespoons ketchup

Preheat the oven to 350 degrees.

In a large bowl, combine the ground beef, bread, onion, egg, milk, mustard, salt and pepper. Mix well.

Press the mixture evenly into a 9x5-inch loaf pan. Spread the ketchup over the top.

Bake for 60 to 65 minutes or until no pink remains and the juices run clear.

Remove from the oven. Drain and allow to sit for 5 minutes.

Slice and serve.

Per Serving (excluding unknown items): 2514 Calories; 191g Fat (69.1% calories from fat); 130g Protein; 63g Carbohydrate; 4g Dietary Fiber; 800mg Cholesterol; 3635mg Sodium. Exchanges: 2 1/2 Grain(Starch); 17 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 28 1/2 Fat; 1 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|---------|
| Calories (kcal): | 2514 | Vitamin B6 (mg): | 1.9mg |
| % Calories from Fat: | 69.1% | Vitamin B12 (mcg): | 18.9mcg |
| % Calories from Carbohydrates: | 10.1% | Thiamin B1 (mg): | .7mg |
| % Calories from Protein: | 20.9% | Riboflavin B2 (mg): | 1.6mg |
| Total Fat (g): | 191g | Folacin (mcg): | 128mcg |
| Saturated Fat (g): | 77g | Niacin (mg): | 34mg |
| Monounsaturated Fat (g): | 83g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 9g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 800mg | % Refuse: | 0 0% |

Carbohydrate (g): 63g
 Dietary Fiber (g): 4g
 Protein (g): 130g
 Sodium (mg): 3635mg
 Potassium (mg): 2201mg
 Calcium (mg): 282mg
 Iron (mg): 16mg
 Zinc (mg): 26mg
 Vitamin C (mg): 15mg
 Vitamin A (i.u.): 780IU
 Vitamin A (r.e.): 139 1/2RE

Food Exchanges

Grain (Starch): 2 1/2
 Lean Meat: 17
 Vegetable: 1 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 28 1/2
 Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 2514 **Calories from Fat:** 1737

% Daily Values*

| | |
|--------------------------------|------|
| Total Fat 191g | 294% |
| Saturated Fat 77g | 384% |
| Cholesterol 800mg | 267% |
| Sodium 3635mg | 151% |
| Total Carbohydrates 63g | 21% |
| Dietary Fiber 4g | 18% |
| Protein 130g | |
| <hr/> | |
| Vitamin A | 16% |
| Vitamin C | 24% |
| Calcium | 28% |
| Iron | 87% |

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