Favorite Meatloaf

Mrs. Charles Mittendorf
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 4

1 1/2 pounds ground meat
1 envelope dry onion soup
1 can (6 ounce) evaporated milk
1 egg, slightly beaten
1 teaspoon salt
1 teaspoon Worcestershire sauce
pepper (to taste)
slice sharp cheese (optional)

Preheat the oven to 350 degrees.

In a bowl, mix together the meat, soup, milk, egg, salt, Worcestershire and pepper.

Form the mixture into a loaf in a lightly greased casserole dish.

Bake for one hour.

Slices of cheese may be placed on top of the meatloaf to melt just before serving.

Per Serving (excluding unknown items): 104 Calories; 6g Fat (51.9% calories from fat); 6g Protein; 7g Carbohydrate; 0g Dietary Fiber; 72mg Cholesterol; 629mg Sodium. Exchanges: 0 Lean Meat; 1/2 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	104	**Vitamin B6 (mg):**	trace
% Calories from Fat:	51.9%	**Vitamin B12 (mcg):**	.3mcg
% Calories from Carbohydrates:	25.5%	**Thiamin B1 (mg):**	trace
% Calories from Protein:	22.6%	**Riboflavin B2 (mg):**	.3mg
Total Fat (g):	6g	**Folacin (mcg):**	11mcg
Saturated Fat (g):	3g	**Niacin (mg):**	trace
Monounsaturated Fat (g):	2g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	trace	**Alcohol (kcal):**	0
Cholesterol (mg):	72mg	**% Refuse:**	0.0%
Carbohydrate (g):	7g		
Dietary Fiber (g):	0g	## Food Exchanges	
Protein (g):	6g	**Grain (Starch):**	0
Sodium (mg):	629mg	**Lean Meat:**	0
Potassium (mg):	218mg	**Vegetable:**	0
Calcium (mg):	176mg	**Fruit:**	0
Iron (mg):	trace	**Non-Fat Milk:**	1/2
Zinc (mg):	1mg	**Fat:**	1
Vitamin C (mg):	3mg	**Other Carbohydrates:**	0
Vitamin A (i.u.):	312IU		
Vitamin A (r.e.):	64RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	104	Calories from Fat: 54

	% Daily Values*
Total Fat 6g	9%
Saturated Fat 3g	16%
Cholesterol 72mg	24%
Sodium 629mg	26%
Total Carbohydrates 7g	2%
Dietary Fiber 0g	0%
Protein 6g	

Vitamin A	6%
Vitamin C	6%
Calcium	18%
Iron	2%

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