

Meatloaf with Tomato Soup

Candace Floyd
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Servings: 8

2 pounds ground chuck
2 eggs
1 teaspoon Worcestershire sauce
1/3 cup old-fashioned oats
1/2 cup chopped onion
1 can (10 ounce) condensed tomato soup, undiluted and divided
1/2 teaspoon salt
1/4 teaspoon black pepper
1 medium onion, cut into eighths
4 medium red-skin potatoes, cut into quarters
2 carrots, peeled and cut into 1-1/2-inch pieces

Preheat the oven to 325 degrees.

In a bowl, mix the meat, eggs, Worcestershire, oats, onion and 1/2 can of the soup. Add the salt and pepper.

Form into one or two loaves. Place the loaves into a baking pan with one-inch sides. Pour the remaining soup over the loaves.

Place the onions, carrots and potatoes around the meatloaf.

Bake for one hour and 20 minutes.

Per Serving (excluding unknown items): 357 Calories; 25g Fat (64.8% calories from fat); 23g Protein; 8g Carbohydrate; 1g Dietary Fiber; 138mg Cholesterol; 416mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	357	Vitamin B6 (mg):	.4mg
% Calories from Fat:	64.8%	Vitamin B12 (mcg):	2.8mcg
% Calories from Carbohydrates:	9.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	25g	Folacin (mcg):	26mcg
Saturated Fat (g):	10g	Niacin (mg):	6mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	138mg	% Daily Value:	0%

Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	23g
Sodium (mg):	416mg
Potassium (mg):	480mg
Calcium (mg):	30mg
Iron (mg):	3mg
Zinc (mg):	5mg
Vitamin C (mg):	21mg
Vitamin A (i.u.):	5299IU
Vitamin A (r.e.):	541 1/2RE

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 357 Calories from Fat: 231

% Daily Values*

Total Fat 25g	39%
Saturated Fat 10g	50%
Cholesterol 138mg	46%
Sodium 416mg	17%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	4%
Protein 23g	
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Vitamin A	106%
Vitamin C	35%
Calcium	3%
Iron	16%

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