

# Microwave Meat Loaf

*Stella Stott*

*Gourmet Eating in South Carolina - (1985)*

## Servings: 4

*2 eggs, lightly beaten*

*1 1/2 pounds lean ground beef*

*1/2 cup fine bread crumbs*

*1 small onion, chopped*

*2 tablespoons Worcestershire sauce*

*1 tablespoon seasoned salt*

*1/2 teaspoon dry mustard*

*1/4 teaspoon pepper*

*2 tablespoons ketchup, steak sauce,  
barbeque sauce or chili sauce*

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In a bowl, mix all of the ingredients. Form into a rectangular loaf in a loaf pan.

Spread two tablespoons of ketchup on top of the loaf.

Cook on HIGH temp according to the chart below.

Let stand for 5 to 10 minutes before serving.

Cooking Time: (Round pan - 12 to 18 minutes)  
(Ring shape - 8 to 13 minutes) (loaf pan - 13 to  
18 minutes) (individual loaves - 10 to 13  
minutes)

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Per Serving (excluding unknown items): 507 Calories; 38g Fat (68.9% calories from fat); 34g Protein; 4g Carbohydrate; 1g Dietary Fiber; 234mg Cholesterol; 1252mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

Beef

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	507	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	68.9%	<b>Vitamin B12 (mcg):</b>	4.3mcg
<b>% Calories from Carbohydrates:</b>	3.6%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	27.4%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	38g	<b>Folacin (mcg):</b>	31mcg
<b>Saturated Fat (g):</b>	15g	<b>Niacin (mg):</b>	8mg
<b>Monounsaturated Fat (g):</b>	16g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	234mg	<b>% Refuse:</b>	0 0%

Carbohydrate (g): 4g  
 Dietary Fiber (g): 1g  
 Protein (g): 34g  
 Sodium (mg): 1252mg  
 Potassium (mg): 584mg  
 Calcium (mg): 41mg  
 Iron (mg): 4mg  
 Zinc (mg): 7mg  
 Vitamin C (mg): 15mg  
 Vitamin A (i.u.): 131IU  
 Vitamin A (r.e.): 37 1/2RE

## Food Exchanges

Grain (Starch): 0  
 Lean Meat: 5  
 Vegetable: 1/2  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 4 1/2  
 Other Carbohydrates: 0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 507 Calories from Fat: 350

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### % Daily Values\*

<b>Total Fat</b>	38g	58%
Saturated Fat	15g	75%
<b>Cholesterol</b>	234mg	78%
<b>Sodium</b>	1252mg	52%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	1g	2%
<b>Protein</b>	34g	

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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	26%
<b>Calcium</b>	4%
<b>Iron</b>	22%

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