

Meatloaf Magnifico

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Servings: 6

*1 jar (24 ounce) Prego Chunky Garden Mushroom Supreme Italian Sauce with Baby Portobello Mushrooms
1 1/2 pounds ground beef
1 medium (1/2 cup) onion, chopped
1/2 cup dry bread crumbs
1 egg, beaten*

Preparation Time: 10 minutes

Preheat the oven to 350 degrees.

In a bowl, thoroughly mix one-half cup of the sauce, ground beef, onion, bread crumbs and egg.

Shape firmly into an 8x4-inch loaf in a 13x9x2-inch baking pan.

Bake for one hour and 15 minutes or until cooked through.

Heat the remaining sauce in a two-quart saucepan over medium heat. Serve with the meatloaf.

Start to Finish Time: 1 hour 25 minutes

Per Serving (excluding unknown items): 407 Calories; 31g Fat (70.7% calories from fat); 21g Protein; 8g Carbohydrate; 1g Dietary Fiber; 132mg Cholesterol; 167mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 4 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	407	Vitamin B6 (mg):	.3mg
% Calories from Fat:	70.7%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	8.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	31g	Folacin (mcg):	18mcg
Saturated Fat (g):	13g	Niacin (mg):	6mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	132mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	21g
Sodium (mg):	167mg
Potassium (mg):	319mg
Calcium (mg):	38mg
Iron (mg):	3mg
Zinc (mg):	4mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	41IU
Vitamin A (r.e.):	11 1/2RE

% Daily Value 0 0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 407 Calories from Fat: 287

% Daily Values*

Total Fat 31g	48%
Saturated Fat 13g	63%
Cholesterol 132mg	44%
Sodium 167mg	7%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	2%
Protein 21g	
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Vitamin A	1%
Vitamin C	2%
Calcium	4%
Iron	15%

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