

Meatloaf

Category: Entrees:Meat:Beef
 Master Ref:

Portion: 6 ounces

| Calories | Carbs | Protein | Fat | % Cal/Fat | Chol | Sodium | Fiber/Dtry | Calcium |
|----------|-------|---------|-------|-----------|-------|--------|------------|---------|
| 332 kcal | 10 gm | 26 gm | 20 gm | 56 % | 95 mg | 622 mg | 1 gm | 19 mg |

| Step | Ingredients | 175 Servings Amount | 350 Servings Amount | 700 Servings Amount |
|------|--|---------------------|---------------------|---------------------|
| 1 | Soup, Cream of Mushroom, Canned, Condensed | 3 #3 cyl | 6 #3 cyl | 12 #3 cyl |
| | Eggs, Liquid, Papetti | 3 cup | 1 qt 2 cup | 1/2 gal 1 qt |
| | Base, Onion, Paste | 4 lb | 8 lb | 16 lb |
| | Pepper, Black, Ground, Durkee | 1 tsp | 2 tsp | 1 tbsp 1 tsp |
| 2 | Beef, Ground, Bulk, Raw | 50 lb | 100 lb | 200 lb |
| 3 | Breadcrumbs | 3 cup | 1 qt 2 cup | 1/2 gal 1 qt |
| | Peppers, Green, Fresh, Medium, Chopped | 1 lb | 2 lb | 4 lb |
| | Parsley Flakes, Durkee | 3/4 cup | 1-1/2 cup | 3 cup |

- 1 In bowl, mix onion soup base, cream of mushroom soup and liquid eggs together. Note: If the onion soup base does not get mixed thoroughly, the meatloaf will be very salty and bitter tasting.
- 2 Add to ground beef in large mixing bowl.
- 3 Add remaining ingredients. Mix on slow speed with paddle until well blended. Do not over mix.
- 4 Shape 5# loaves and palce 4 in each 4" insert to bake. Keep a space between loaves. Cover and bake at 300 degrees until 140 degrees internal temperature (1-1/4 to 1-1/2 ours). Uncover the last ten minutes.

Serving Temp: 140 degrees
 Serving Pan: 2" Insert
 Serving Utensil: Flat End Spatula

Meatloaf

Nutrition Facts

Serving Size 6 ounces (143g)

Servings Per Container 1

Amount Per Serving

Calories 332 **Calories from Fat** 184

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 8g **39%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 8g

Cholesterol 95mg **32%**

Sodium 622mg **26%**

Potassium 301mg **9%**

Total Carbohydrate 10g **3%**

Dietary Fiber 1g **3%**

Sugars 2g

Protein 26g **52%**

Vitamin A 1% • Vitamin C 4%

Calcium 2% • Iron 14%

Thiamin 6% • Riboflavin 13%

Niacin 22% • Vitamin B6 10%

Folacin 3% • Vitamn B12 29%

Phosphorus 15% • Zinc 34%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2400mg 2400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4