



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Everyday Meatloaf

- 2 eggs, beaten
- ¾ cup nonfat dry milk
- ½ cup fine, dry bread crumbs, cracker crumbs, crushed cereal, or oatmeal
- ¼ cup finely chopped onion
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 ½ pounds ground beef
- 2 tablespoons parsley (optional)
- ½ teaspoon ground sage (optional)

Glaze:

- ½ cup catsup or 1 small can (4 ounces) tomato sauce
- 2 tablespoons brown sugar
- 1 teaspoon dried or prepared mustard

1. In bowl, combine the eggs and milk; stir in bread crumbs, onion, parsley, salt, sage, and pepper. Add ground beef.
2. Thoroughly mix meat and seasonings.
3. Firmly pat meat into circle in a shallow baking dish.
4. Bake at 350° F for 50 minutes.
5. Spoon off dripping and fat.
6. To glaze meatloaf, mix glaze ingredients and spread over top of meat loaf. Bake 10 minutes longer. Serves 6.

Nutrition Facts

Serving Size: 1 slice (183g)

Servings: 6

Amount Per Serving

Calories 330 Calories from Fat 120

% Daily Value*

Total Fat 14g **21%**

Saturated Fat 5g **26%**

Trans Fat 0.5g

Cholesterol 155mg **52%**

Sodium 640mg **27%**

Total Carbohydrate 22g **7%**

Dietary Fiber 1g **3%**

Sugars 14g

Protein 30g

Vitamin A 4% ■ Vitamin C 6%

Calcium 15% ■ Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

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Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

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