

Meatloaf

Ingredients

Beef Ground 80/20, Pork, Onion, Egg Substitute, liquid, Milk, Peppers, bell, red yellow & green, sweet, strips, fzn, Juice, tomato, Eggs, Oats, rolled, quick cooking, thick, Bread Crumbs, plain, Margarine, soft, safflower oil, Sauce, worcestershire, Parsley, Garlic, Pepper, Salt, Kosher, course.

Nutrients per serving

Nutrition Facts	
Serving Size (202g)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 230
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 9g	45%
Trans Fat 1g	
Cholesterol 105mg	35%
Sodium 270mg	11%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 23g	
Vitamin A 6%	• Vitamin C 15%
Calcium 6%	• Iron 10%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	