

Cheesy Meatloaf with Ketchup Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.50 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100-2.9Z	1 1/2 Slice		765641

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.50 Slice

Amount Per Serving			
Calories	255.00		
Fat	15.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	585.00mg		
Carbohydrates	12.00g		
Fiber	1.50g		
Sugar	7.50g		
Protein	18.00g		
Vitamin A	300.00IU	Vitamin C	13.50mg
Calcium	90.00mg	Iron	2.16mg