

HOMEMADE MEAT LOAF

NO IMAGE

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32696
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	1 1/2 Pound	UNPREPARED	100158
ONION DEHY CHPD	1 Fluid Ounce		263036
BREAD CRUMB FINE UNSEAS	1/2 Cup	UNPREPARED See Package Instructions	175671
EGG SHL LRG A GRD	1 Each		206539
KETCHUP FCY JUG W/PUMP	1 Fluid Ounce	READY_TO_EAT None	695530
MILK WHT 2	1 Cup		504602
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	350732
SPICE PEPR BLK REG FINE GRIND	1/4 Teaspoon		225037
SPICE PAPRIKA SPANISH	1/8 Teaspoon		225002
DOUGH BISC HMSTYL	5 Each		504076

Preparation Instructions

Combine all ingredients in a bowl, mixing well. Shape into a pan. Bake at 350 degrees until internal temperature reaches at least 155 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	3.266
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	538.14
Fat	29.34g
SaturatedFat	11.65g
Trans Fat	2.87g
Cholesterol	41.00mg
Sodium	1327.95mg
Carbohydrates	42.00g
Fiber	1.43g
Sugar	4.10g
Protein	27.49g
Vitamin A 139.96IU	Vitamin C 0.97mg
Calcium 102.39mg	Iron 2.54mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available