

# Home Made Meatloaf



Servings:	280.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15854
School:	ANDERSON COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	60 Pound		510599
EGG SCRMBD LIQ BLND	2 0 Package		465798
OATS QUICK HOT CEREAL	2 Quart		240869
PEPPERS GREEN DCD SWT	2 0 Package	if we have whole ones must be diced	508632
ONION RED JUMBO	2 0 Each	dice up onions	198722
SAUCE WORCESTERSHIRE	1 Cup		109843
SPICE PEPR BLK REG FINE GRIND	2 0 Teaspoon		225037
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	3 #10 CAN		100129
SPICE GARLIC POWDER	1/2 Cup		224839

## Preparation Instructions

Mix all ingredients the day before. Hold back 1 can ketchup. Once mixed form into loafs. Should get 4 small loafs that will go in the 4in wide pan. Please use a drain pan so that it doesn't sit in it's own grease. Cover well and leave overnight.

Next morning bake in oven on 350 for 2-3 hours till done and they must reach temp of 165.

Take out move them in clean pans and slice. once sliced add ketchup on top of each loaf and put in oven.

The ketchup will glaze over.

### Meal Components (SLE)

Amount Per Serving

Meat	2.600
Grain	0.057
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.003
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 280.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		295.02	
Fat		19.10g	
SaturatedFat		6.91g	
Trans Fat*		1.29g	
Cholesterol		71.29mg	
Sodium		439.46mg	
Carbohydrates		12.74g	
Fiber		0.23g	
Sugar		8.93g	
Protein		0.46g	
Vitamin A	0.00IU	Vitamin C	0.02mg
Calcium	0.82mg	Iron	0.11mg

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

### Nutrition - Per 100g

Calories		260.16	
Fat		16.84g	
SaturatedFat		6.10g	
Trans Fat*		1.13g	
Cholesterol		62.86mg	
Sodium		387.54mg	
Carbohydrates		11.23g	
Fiber		0.20g	
Sugar		7.87g	
Protein		0.41g	
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	0.72mg	Iron	0.09mg

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