

Simple Old Fashion Meatloaf

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/print-southern-living-old-fashion-meatloaf-recipe>

Ingredients:

- 2 pounds ground beef
- 1 egg
- 1 onion medium minced
- 1 cup bread crumbs one slice of bread though the processor
- 3/4 cup ketchup divided 1/2 cup plus about 1/4 cup on top
- 1/2 cup milk
- 1 tablespoon seasoning salt Lawry's
- 1/2 teaspoon pepper

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 210 milligrams
4. Fat: 37 grams
5. Fiber: 1 grams
6. Protein: 50 grams
7. SaturatedFat: 15 grams
8. Sodium: 880 milligrams
9. Sugar: 15 grams
10. TransFat: 2.5 grams

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