

Momma's Meatloaf

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-meatloaf-recipe-with-brown-sugar>

Ingredients:

- 2 pounds lean ground beef
- 1/2 white onion diced
- 1 cup dried bread crumbs
- 1/2 cup milk
- 1 large egg
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 teaspoon pepper
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 130 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 950 milligrams
9. Sugar: 11 grams

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