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Meat Loaf

Ingredients:

- 1 pound lean ground beef
- ¾ cup rolled oats, (quick or old fashion, uncooked)
- 1 egg, beaten
- ½ cup 1% milk
- ¼ cup chopped onion
- ½ teaspoon salt
- ¼ teaspoon pepper

Makes 6 servings - 41% calories from fat

Instructions:

1. Combine all ingredients thoroughly and pack into a loaf pan or pan of similar shape.
2. Bake in preheated moderate 350° F oven for about 1 hour.
3. Let stand 5 minutes before slicing.

Note:

- Serve this same recipe in the shape of hamburgers, cooking in skillet over moderate heat.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 270mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 19g	
Vitamin A 2%	• Vitamin C 2%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.