

# Meat Loaf



## INGREDIENTS


	Usage Levels (%)
Beef, ground	55.23
Water	11.05
Ketchup (1)	8.98
Ketchup (2)	8.98
<b>Skimmed milk powder</b>	<b>5.03</b>
Eggs, slightly beaten	4.93
Cornflakes, crushed	2.76
Onion, chopped	1.97
Salt	0.54
Worcestershire sauce	0.50
Thyme	0.03
<b>Total</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	220kcal
<b>Total Fat</b>	10g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	65mg
<b>Total Carbohydrates</b>	12g
Dietary Fiber	0g
Sugars	9g
<b>Protein</b>	17g
Calcium	105mg
Magnesium	29mg
Phosphorus	197mg
Potassium	400mg
Sodium	620mg
Iron	3mg
Vitamin A	296IU
Vitamin C	5mg

## PREPARATION

1. **Combine ground beef, skimmed milk powder, cornflakes, ketchup (1) and chopped onion. Mix well.**
2. **Add water and seasonings to slightly beaten eggs. Blend into met mixture.**
3. **Form into loaf in loaf pan.**
4. **Spread ketchup (2) over top of loaf.**
5. **Bake at 176°C (349°F) for 1 hour.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for global product development. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product.  [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. ©2014 U.S. Dairy Export Council.