

# CDC Recipes: Tangy Glazed Meatloaf Sandwich



## Preparation

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1. Preheat oven to 350 degrees.
2. Combine bread crumbs and milk in a bowl.
3. Add meat, egg, onion, seasoning and catsup. Mix well and form into a small meatloaf.
4. Place in a baking dish. Bake for 40 minutes.
5. Combine glaze ingredients and spoon over meatloaf.
6. Bake 10-20 additional minutes.
7. Slice into 4 pieces. Serve on a roll or 2 slices of bread.

## Ingredients

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- 1 lb ground beef, ground pork, ground turkey or a combination of these meats
- ¼ cup bread crumbs
- ⅓ cup milk
- 1 egg, beaten
- 1 small onion, finely chopped or grated
- ½ teaspoon poultry seasoning
- 1 teaspoon pepper
- 2 tablespoons low sodium catsup
- 5 sandwich rolls, or 10 slices of bread

## Glaze

- 1 tablespoon brown sugar
- ¼ cup low sodium catsup
- ¼ teaspoon nutmeg
- 1 teaspoon dry mustard

## Details

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### Yield

4 servings

### Serving size

3 meat, 2 starch

- Calories: 406
- Protein: 30 g
- Sodium: 296 mg
- Potassium: 511 mg
- Phosphorus: 259 mg