

# GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



## Mouth-watering Meatloaf

Recipe makes: 8 servings

Prep time: 15 minutes

Cooking time: 45-55 minutes

Nutrition info per serving	1 portion 1/8 meatloaf
Calories	233
Carbohydrate	18 g
Protein	22 g
Fat	9 g
Total Sugars	7 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

# Mouth-watering Meatloaf

## Ingredients:

- 1 ½ lbs (490 g) 90% lean ground beef
- ¾ cup (81 g) bread crumbs
- 3 medium (300 g) onions, thinly diced
- 5 (15 g) cloves minced garlic, fresh
- 2 large (100 g) eggs
- ¾ cup (180 g) reduced sugar ketchup
- ½ tsp (3 g) salt
- ¾ tsp (1.7 g) ground pepper
- 4 slices bacon, thinly cut (32g)

Servings suggestions: Serve with fresh green salad and a portion of rice or potatoes.

## Method:

1. Pre-heat oven to 350°F.
2. In a large bowl mix all ingredients together, except for the bacon.
3. On an aluminum foil-lined tray, shape the beef mixture into an 8 x 4 inch loaf.
4. Lay the uncooked bacon slices across the top of the meatloaf.
5. Bake for 45-55 minutes until the center of the meatloaf reads 160°F.
6. Remove from the oven and let rest for 5 minutes.
7. Cut into 8 slices.

Chef's tip: Use a non-stick 8 x 4 inch loaf tin or other ovenproof dish, lightly greased and lined with bacon slices, and place the meat mixture in it. Turn the bacon ends on top of the meat and cook as above. When the meatloaf is ready, let rest for 5 minutes before turning the loaf onto a plate and cut into 8 slices.



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Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

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