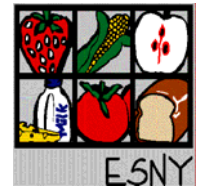




Easy Venison Meatloaf

Serves 5



- | | |
|--|---|
| 1 lb. ground venison | $\frac{1}{4}$ cup chopped onion |
| 1 egg | $\frac{1}{2}$ tsp. pepper |
| $\frac{1}{2}$ cup oatmeal | $\frac{1}{4}$ tsp. garlic powder or minced garlic |
| $\frac{1}{2}$ cup tomato sauce or tomato juice | |

- ❖ Mix all ingredients together.
- ❖ Pat into glass loaf pan with center slightly lower than the sides.
- ❖ Cover with paper towel.
- ❖ Microwave on high for 10 minutes.
- ❖ Remove from oven.
- ❖ Cover again and microwave on med (60-80% power) for 8-10 minutes.
- ❖ Pour off liquid.
- ❖ Let stand, covered, for 5 minutes before serving. (160° temperature)

Nutrition Facts	
Serving Size (148g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 1g	6%
Cholesterol 115mg	38%
Sodium 190mg	8%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 24g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 20%
*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	