

Analysis of Meatloaf Recipe Ingredients

	Alton's Recipe	Sara Moulton's Recipe	Cook's Canon Meatloaf
Meat	36 oz-chuck and sirloin	32 oz-chuck, veal, and pork	36 oz-beef, sausage, and veal
Bread	2 2/3 oz per pound or 17%	1.5 oz per pound or 13%	1.8 oz per pound or 11%
Vegetables	3.9 oz per pound or 25%	3.25 oz per pound or 20%	3 oz per pound or 19%
Egg	.4 egg per pound or 5%	1 egg per pound or 10%	1 1/3 egg per pound or 15%
Salt	2/3 of a tsp per pound	1 1/4 tsp per pound	1/2 tsp per pound
Pepper	1/4 tsp per pound	to taste	1/2 tsp per pound
Liquid	none	5.5 oz per pound or 34%	none
Extras	cayenne, chili powder, thyme	horseradish, Dijon	Parmesan cheese, rosemary, lemon zest

	The Best Meatloaf-allrecipes	Gourmet Meatloaf	Meatloaf Supreme-allrecipes
Meat	24 oz-beef	32 oz-beef	32 oz-beef
Bread	2.7 oz per pound or 17%	2 oz per pound or 13%	7.5 oz per pound or 47%
Vegetables	6.3 oz per pound or 40%	2.9 oz per pound or 18%	none
Egg	2/3 egg per pound or 7%	1 egg per pound or 10%	2 eggs per pound or 20%
Salt	4/5 of a tsp per pound	none	2 T per pound, approx
Pepper	dash	1/4 tsp per pound	none
Liquid	2.7 oz per pound or 17%	3 oz per pound or 25%	12 oz per pound or 75%
Extras	steak sauce	soy sauce, chili sauce, thyme	garlic seasoning, season salt

	Fannie Farmer Meatloaf	Classic Meatloaf from Bon Appétit	Joy of Cooking Meatloaf
Meat	32 oz-beef	24 oz-beef	24 oz-beef
Bread	1.5 oz per pound or 9%	2.7 oz per pound or 17%	2.2 oz per pound or 14%
Vegetables	2.5 oz per pound or 16%	3.3 oz per pound or 21%	5.3 oz per pound or 22%
Egg	1 egg per pound or 10%	1 1/3 egg per pound or 15%	2 eggs per pound or 20%
Salt	3/4 tsp per pound	1/3 tsp per pound	2/3 tsp per pound
Pepper	1/4 tsp per pound	1/3 tsp per pound	1/3 tsp per pound
Liquid	1 oz per pound or 6%	4 oz per pound or 25%	5.3 oz per pound or 22%
Extras	dry mustard	garlic powder, Worcestershire sauce	thyme