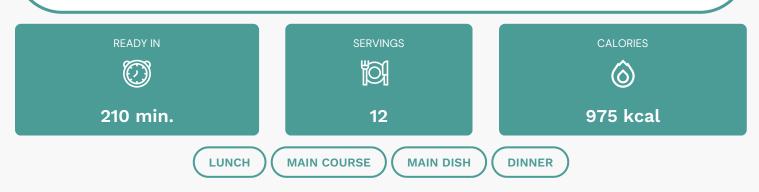


Ashley's Meatloaf-and-Mashed Potato Sandwiches



Ingredients

5 slices bacon cut into 1-inch pieces
16 oz bacon coarsely chopped
24 bread hearty
2 tablespoons butter
1 tablespoon dijon mustard
4 large eggs
12 servings bacon

2 tablespoons apple cider vinegar

	0.5 cup spring onion chopped	
	12 servings spring onion	
	1 tablespoon pepper finely	
	12 servings meat marinade mix	
	1 cup panko bread crumbs (Japanese breadcrumbs)	
	2 cups panko bread crumbs (Japanese breadcrumbs)	
	2.5 pounds boston butt pork shoulder (Boston butt)	
	12 servings potatoes mashed	
	0.3 cup onion red grated	
	1 tablespoon sea salt	
	1 teaspoon sea salt	
	2 teaspoons sea salt	
	2 cups sharp cheddar cheese freshly grated	
	0.5 cup cream sour	
	1 tablespoon sriracha hot	
	1.5 pounds tomatoes halved	
	1 tablespoon worcestershire sauce	
	0.5 large onion yellow sliced	
	2 pounds yukon gold potatoes 1-inch-thick cut into pieces	
Equipment		
	food processor	
	bowl	
	frying pan	
	paper towels	
	sauce pan	
	oven	
	potato masher	
	kitchen thermometer	

	broiler
	broiler pan
Diı	rections
	Prepare Meatloaf: Preheat oven to 32
	Pulse chopped bacon 4 to 5 times in a food processor until finely chopped.
	Combine bacon, pork, and next 8 ingredients, using hands.
	Transfer pork mixture to a lightly greased 8 1/2- x 4 1/2-inch loafpan.
	Bake at 325 for 1 hour and 45 minutes to 2 hours or until a meat thermometer inserted in center registers 16
	Prepare Gravy: Cook bacon slices in a large cast-iron skillet 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving drippings in skillet. Increase heat to medium-high.
	Add tomatoes, cut sides down, and onion slices. Cook 6 to 7 minutes on each side or until charred.
	Remove from heat. Pulse tomatoes, onions, vinegar, and next 2 ingredients in a food processor just until coarsely chopped and combined. Stir in bacon.
	Prepare Potatoes: Preheat broiler with oven rack placed in middle position. Bring Yukon gold potatoes, 1 Tbsp. sea salt, and water to cover to a boil in a large saucepan over medium-high heat; reduce heat to medium, and cook 15 minutes or until tender; drain.
	Combine potatoes, panko, and next 5 ingredients in a large bowl; mash with a potato masher to desired consistency.
	Place 12 meatloaf slices on a lightly greased rack in a broiler pan. Spoon potato mixture generously over meatloaf. Broil 4 to 5 minutes or until potatoes are golden and crisp.
	Serve between bread slices with gravy.
	Nutrition Facts
	PROTEIN 22.6% FAT 54.24% CARBS 23.16%

Properties

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 975.4kcal (48.77%), Fat: 59.58g (91.67%), Saturated Fat: 21.77g (136.08%), Carbohydrates: 57.23g (19.08%), Net Carbohydrates: 51.34g (18.67%), Sugar: 7.51g (8.34%), Cholesterol: 235.14mg (78.38%), Sodium: 2332.56mg (101.42%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 55.86g (111.72%), Selenium: 62.4µg (89.14%), Vitamin B1: 1.19mg (79.06%), Manganese: 1.12mg (55.83%), Vitamin B3: 10.63mg (53.15%), Phosphorus: 506.96mg (50.7%), Vitamin B6: 0.84mg (42.07%), Vitamin B2: 0.67mg (39.12%), Iron: 6.82mg (37.91%), Vitamin C: 27.14mg (32.89%), Zinc: 4.76mg (31.73%), Vitamin K: 32.44µg (30.89%), Calcium: 291.58mg (29.16%), Potassium: 1013.91mg (28.97%), Folate: 108.4µg (27.1%), Fiber: 5.89g (23.57%), Magnesium: 86.58mg (21.64%), Vitamin B12: 1.25µg (20.89%), Vitamin B5: 2.08mg (20.75%), Vitamin A: 1008.71IU (20.17%), Copper: 0.37mg (18.31%), Vitamin E: 1.21mg (8.04%), Vitamin D: 0.72µg (4.81%)