



## Ashley's Meatloaf-and-Mashed Potato Sandwiches

READY IN



210 min.

SERVINGS



12

CALORIES



975 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons apple cider vinegar
- 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

- 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

## Directions

- 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

Glycemic Index:46.93, Glycemic Load:25.22, Inflammation Score:-8, Nutrition Score:33.299999796826%

## Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Isorhamnetin: 0.48mg, 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: 0g (100%), Alcohol %: 0% (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%)