



Best Meatloaf

READY IN



75 min.

SERVINGS



4

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper to taste black
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cloves garlic finely minced
- ☐ 1 pound ground beef
- ☐ 10 ounces ground pork
- ☐ 1.5 ounces gruyere cheese grated
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons catsup
- ☐ 1 large eggs

- ☐ 0.5 medium onion minced
- ☐ 0.5 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 1 teaspoon paprika smoked
- ☐ 2 teaspoons soya sauce
- ☐ 6 ounces bacon thick-cut
- ☐ 4 servings thyme leaves minced
- ☐ 2 tablespoons tomato paste
- ☐ 0.3 cup milk whole
- ☐ 1 teaspoon worcestershire sauce
- ☐ 0.5 teaspoons frangelico
- ☐ 0.5 teaspoons frangelico

Equipment

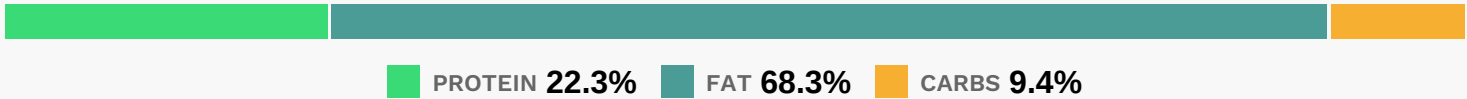
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Add the ground beef, ground pork, onion, garlic, panko, Gruyere, egg, milk, tomato paste, Worcestershire sauce, honey, soy sauce, pimentón, salt, pepper and thyme to a bowl. Put a food-safe glove on and use your hand to knead the mixture until uniform. Line a broiler pan with some parchment paper. This makes cleanup much easier and it prevents the meatloaf from sticking to your pan. Shape the meat mixture into a loaf on the parchment paper. Top with the bacon, slightly overlapping each slice.
- ☐ Bake the meatloaf for 30 minutes. While the meatloaf is in the oven, make the glaze by mixing the ketchup, honey, Worcestershire sauce, and mustard in a small bowl to combine.

- ☐
- Remove the meatloaf from the oven and cover with the glaze. Return the meatloaf to the oven and bake for another 20–30 minutes, or until an instand read thermometer reads 160 degrees F.
- ☐
- Remove the meatloaf from the oven and allow it to rest for at least 15 minutes before cutting into it.
- ☐
- Serve with mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:82.82, Glycemic Load:3.6, Inflammation Score:-8, Nutrition Score:26.061304382656%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 800.69kcal (40.03%), Fat: 60.29g (92.75%), Saturated Fat: 22.75g (142.16%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 17.25g (6.27%), Sugar: 9.83g (10.93%), Cholesterol: 219.63mg (73.21%), Sodium: 919.09mg (39.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.29g (88.58%), Selenium: 51.88µg (74.11%), Vitamin B12: 3.53µg (58.76%), Vitamin B3: 10.76mg (53.8%), Vitamin B1: 0.8mg (53.35%), Zinc: 7.74mg (51.58%), Phosphorus: 506.51mg (50.65%), Vitamin B6: 0.89mg (44.61%), Vitamin B2: 0.56mg (33.16%), Iron: 4.43mg (24.59%), Potassium: 839.82mg (23.99%), Calcium: 199.37mg (19.94%), Vitamin B5: 1.71mg (17.1%), Magnesium: 59.82mg (14.95%), Vitamin A: 691.03IU (13.82%), Manganese: 0.26mg (12.87%), Copper: 0.22mg (11.08%), Vitamin E: 1.49mg (9.92%), Folate: 32.66µg (8.17%), Vitamin C: 6.03mg (7.3%), Fiber: 1.43g (5.72%), Vitamin D: 0.76µg (5.1%), Vitamin K: 5.08µg (4.84%)