



Bobotie (South African Meatloaf)

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bay leaves to taste
- 1 tablespoon butter
- 2 tablespoons curry powder to taste
- 1 eggs
- 2 eggs
- 0.8 cup golden raisins
- 0.3 teaspoon ground pepper black
- 0.8 teaspoon ground turmeric

- 2 pounds ground beef lean
- 0.3 cup milk
- 1 cup old-fashioned oats
- 2 onions diced
- 2 teaspoons salt
- 0.3 cup slivered almonds
- 2 tablespoons vinegar
- 1 tablespoon sugar white

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a large baking dish.
- Melt butter in a skillet over medium heat. Cook and stir onion in melted butter until browned, 5 to 7 minutes.
- Combine 2 eggs, 1 cup milk, oats, raisins, almonds, vinegar, curry powder, sugar, salt, turmeric, and black pepper in a large bowl.
- Add onions and ground beef; mix well.
- Spread the beef evenly into the prepared baking dish; top with bay leaves.
- Bake in preheated oven for 30 minutes.
- Remove from oven and drain excess fat from the beef.
- Beat 1 egg and 1/4 cup milk together in a bowl; pour over the beef mixture.
- Continue baking in oven until the top is beginning to brown, about 30 minute more.
- Remove and discard bay leaves to serve.

Nutrition Facts

PROTEIN 37.2% FAT 32.67% CARBS 30.13%

Properties

Glycemic Index:47.97, Glycemic Load:9.96, Inflammation Score:-9, Nutrition Score:18.447391230127%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 318.43kcal (15.92%), Fat: 11.57g (17.81%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 20.99g (7.63%), Sugar: 11.43g (12.71%), Cholesterol: 136.36mg (45.45%), Sodium: 698.14mg (30.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.65g (59.31%), Vitamin B12: 2.73µg (45.52%), Zinc: 6.66mg (44.37%), Selenium: 28.56µg (40.8%), Phosphorus: 352.77mg (35.28%), Vitamin B3: 6.74mg (33.69%), Manganese: 0.63mg (31.67%), Vitamin B6: 0.59mg (29.53%), Iron: 4.4mg (24.45%), Vitamin B2: 0.36mg (21.29%), Potassium: 659.18mg (18.83%), Magnesium: 62.88mg (15.72%), Copper: 0.25mg (12.45%), Fiber: 3.02g (12.09%), Vitamin E: 1.8mg (12%), Vitamin B5: 1.19mg (11.94%), Vitamin B1: 0.13mg (8.59%), Calcium: 65.95mg (6.59%), Folate: 26.32µg (6.58%), Vitamin D: 0.53µg (3.52%), Vitamin C: 2.71mg (3.29%), Vitamin A: 163.99IU (3.28%), Vitamin K: 2.95µg (2.81%)