



## Braised Mushroom Meatloaf

 Popular

READY IN



135 min.

SERVINGS



8

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 pound beef prepared uncooked
- 2.5 cups beef broth
- 0.3 cup butter
- 3 tablespoons flour all-purpose
- 1 sprig rosemary fresh chopped
- 0.5 cup heavy cream
- 1 pinch salt
- 8 servings salt and pepper to taste

- 2 cups mushroom caps sliced

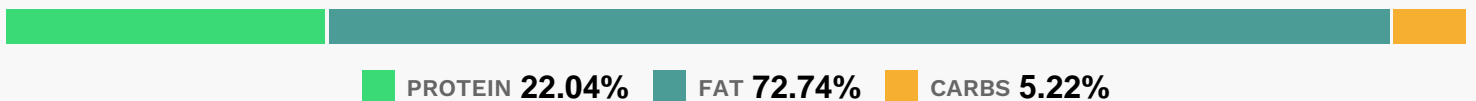
## Equipment

- frying pan
- oven
- whisk
- kitchen thermometer

## Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Melt butter in an oven-safe skillet over medium-high heat. Stir in mushrooms and a pinch of salt; cook and stir until mushrooms begin to brown, about 5 minutes.
- Stir in fresh rosemary.
- Add flour and stir to coat the mushrooms; cook and stir for about 3 minutes.
- Whisk in beef broth, 1/2 cup at a time, whisking constantly to prevent lumps.
- Turn heat to high and bring the sauce to a simmer. Simmer a few minutes until sauce starts to thicken. Season with salt and pepper to taste.
- Remove from heat and stir in heavy cream.
- Slide prepared meatloaf into the sauce. Spoon sauce over the top of the meatloaf.
- Bake in the preheated oven until no longer pink in the center, about 1 1/2 hours. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).
- Remove pan from the oven and gently remove meatloaf to a serving platter.
- Skim off any extra fat from the surface of the sauce.
- Bring the sauce to a boil over medium-high heat to reduce until thick, about 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:19.63, Glycemic Load:2.33, Inflammation Score:-4, Nutrition Score:16.846086983447%

## Nutrients (% of daily need)

Calories: 496.19kcal (24.81%), Fat: 39.94g (61.45%), Saturated Fat: 18.03g (112.69%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 4.95g (1.8%), Sugar: 1.79g (1.99%), Cholesterol: 132.7mg (44.23%), Sodium: 627.38mg (27.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.46%), Vitamin B12: 3.12µg (52.03%), Vitamin B3: 8.95mg (44.73%), Zinc: 6.57mg (43.8%), Selenium: 26.48µg (37.83%), Vitamin B6: 0.64mg (31.88%), Phosphorus: 310.37mg (31.04%), Vitamin B2: 0.39mg (23.08%), Iron: 3.26mg (18.1%), Potassium: 613.95mg (17.54%), Vitamin B5: 1.63mg (16.32%), Magnesium: 38.72mg (9.68%), Copper: 0.17mg (8.63%), Manganese: 0.17mg (8.58%), Vitamin A: 396.3IU (7.93%), Vitamin B1: 0.1mg (6.42%), Folate: 24.74µg (6.18%), Fiber: 1.49g (5.96%), Vitamin E: 0.88mg (5.9%), Calcium: 43.25mg (4.32%), Vitamin D: 0.61µg (4.04%), Vitamin K: 3.53µg (3.36%)