

Buffalo Meat Loaf

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup breadcrumbs fresh fine
- ☐ 1 carrots cut into 1/4-inch dice
- ☐ 2 rib celery stalks cut into 1/4-inch dice
- ☐ 1 large eggs
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 1.8 lb frangelico

- ☐ 2 tablespoons catsup
- ☐ 1 cup onion chopped
- ☐ 6 plum tomatoes cut into 6 wedges
- ☐ 2 teaspoons salt
- ☐ 6 shallots cut into 1/3-inch wedges
- ☐ 3 teaspoons vegetable oil
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

Equipment

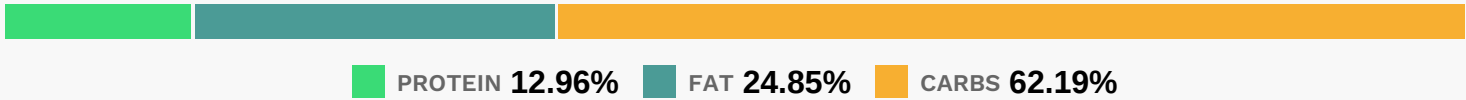
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375°F.
- ☐ Cook onion, celery, carrot, and garlic in 2 teaspoons oil in a large nonstick skillet over moderate heat until onion is softened.
- ☐ Transfer to a large bowl and stir in bread crumbs, parsley, egg, ketchup, Worcestershire sauce, salt, and pepper. Stir in buffalo (do not overmix) and form mixture into a 10- by 4-inch oval loaf in a large shallow metal baking pan. Toss shallots and tomatoes with remaining teaspoon oil and salt and pepper to taste, then scatter around meat loaf.
- ☐ Bake in middle of oven 1 hour and 10 minutes, or until a thermometer inserted 2 inches into center registers 160°F.
- ☐ Transfer meat loaf and vegetables to a platter and let stand 10 minutes.
- ☐ While meat loaf is standing, deglaze baking pan with water over moderate heat, scraping up brown bits, and pour through a fine sieve into a bowl.

- ☐ Serve meat loaf with shallots, tomatoes, and sauce.
- ☐ Each serving about 221 calories and 8 grams fat
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:44.64, Glycemic Load:2.71, Inflammation Score:-9, Nutrition Score:14.469565199769%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 140.4kcal (7.02%), Fat: 4.01g (6.17%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 19.46g (7.08%), Sugar: 7.49g (8.32%), Cholesterol: 31mg (10.33%), Sodium: 986.15mg (42.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.41%), Vitamin K: 94.04µg (89.56%), Vitamin A: 2712.6IU (54.25%), Vitamin C: 20.72mg (25.11%), Manganese: 0.37mg (18.36%), Vitamin B1: 0.2mg (13.36%), Folate: 51.61µg (12.9%), Fiber: 3.12g (12.5%), Vitamin B6: 0.24mg (12.09%), Potassium: 411.76mg (11.76%), Iron: 1.87mg (10.38%), Selenium: 6.65µg (9.51%), Phosphorus: 88.1mg (8.81%), Vitamin B2: 0.14mg (8.3%), Vitamin B3: 1.62mg (8.1%), Copper: 0.14mg (6.96%), Calcium: 68.78mg (6.88%), Magnesium: 26.94mg (6.74%), Vitamin E: 0.82mg (5.43%), Zinc: 0.67mg (4.44%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.12µg (2.02%), Vitamin D: 0.17µg (1.11%)