



Buffalo Meatloaf with Spinach and Roasted Baby Potatoes

 Dairy Free  Very Healthy

READY IN



95 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups crimini mushrooms chopped (baby bella)
- ☐ 1 large eggs
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 1 pound frangelico
- ☐ 5 tablespoons olive oil divided

- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound potatoes yellow
- ☐ 1 cup onion red chopped
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 10 ounce pkt spinach fresh
- ☐ 0.8 cup tomato sauce divided

Equipment

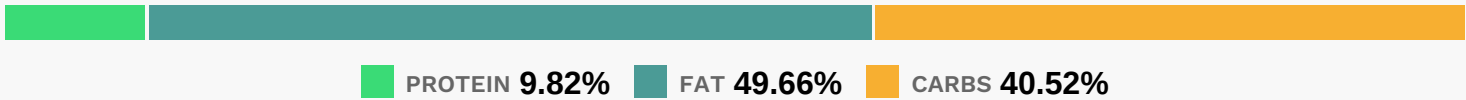
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Preheat oven to 375°F. Toss potatoes with 1 tablespoon oil in medium bowl.
- ☐ Place on 13x9-inch rimmed baking sheet or roasting pan.
- ☐ Sprinkle with salt. Roast 20 minutes.
- ☐ Meanwhile, heat 2 tablespoons oil in medium skillet over medium heat.
- ☐ Add mushrooms and onion; sauté until mushrooms are beginning to brown and onion is translucent, about 4 minutes.
- ☐ Remove from heat; mix in sage and thyme. Cool slightly.
- ☐ Mix buffalo, mushroom mixture, egg, 1/2 cup tomato sauce, panko, salt, and pepper in large bowl. Push potatoes to sides of baking sheet; shape buffalo mixture into 6x3-inch loaf in center of sheet. Roast 30 minutes.
- ☐ Combine 1/4 cup tomato sauce and red pepper in small bowl.

- ☐ Pour over top of meatloaf. Roast 20 minutes longer.
- ☐ Remove from oven; let rest while preparing spinach.
- ☐ Heat remaining 2 tablespoons oil and garlic in large pot over medium-high heat.
- ☐ Add spinach, and toss until wilted, about 3 minutes. Season to taste with salt. Slice meatloaf; serve potatoes and spinach alongside.
- ☐ *Available in the Asian foods section of some supermarkets and at Asian markets.
- ☐ Nutrition Data
- ☐ See Nutrition Data's analysis of this recipe ›
- ☐ Per serving: calories 425.35, % calories from fat 39.0, Fat (g) 18.42, saturated fat (g) 3.37
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Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:11.08, Inflammation Score:-10, Nutrition Score:27.151739104934%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 229.89kcal (11.49%), Fat: 13.2g (20.31%), Saturated Fat: 2.05g (12.78%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 19.98g (7.26%), Sugar: 3.67g (4.08%), Cholesterol: 31mg (10.33%), Sodium: 433.27mg (18.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.75%), Vitamin K: 238.36µg (227.01%), Copper: 3.34mg (167%), Vitamin A: 4691.31U (93.83%), Vitamin C: 34.31mg (41.59%), Manganese: 0.83mg (41.58%), Folate: 125.94µg (31.49%), Potassium: 831.12mg (23.75%), Vitamin B6: 0.43mg (21.48%), Vitamin E: 3.22mg (21.47%), Magnesium: 70.85mg (17.71%), Vitamin B2: 0.3mg (17.38%), Iron: 3.1mg (17.23%), Fiber: 4.27g (17.06%), Selenium: 9.61µg (13.73%), Phosphorus: 131.48mg (13.15%), Vitamin B1: 0.19mg (12.71%), Vitamin B3: 2.53mg (12.66%), Calcium: 96.76mg (9.68%), Vitamin B5: 0.82mg (8.18%), Zinc: 1.01mg (6.75%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.18µg (1.23%)