



Cajun Meatloaf My Way and Prudhomme's

READY IN



64 min.

SERVINGS



6

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 2 bay leaves whole
- 1 cup breadcrumbs
- 1.5 teaspoons brown sugar
- 4 tablespoons olive oil
- 0.5 cup celery finely chopped
- 2 eggs lightly beaten
- 0.5 cup evaporated milk
- 2 garlic clove finely minced

- 6 servings spring onion finely chopped
- 2 lbs ground beef
- 0.5 teaspoon ground cumin
- 0.5 teaspoon nutmeg
- 1 teaspoon pepper
- 0.3 cup catsup
- 0.5 cup catsup
- 0.8 cup onion finely chopped
- 0.5 tablespoon hot sauce hot
- 1 tablespoon hot sauce hot
- 1 tablespoon salt
- 1 tablespoon worcestershire sauce

Equipment

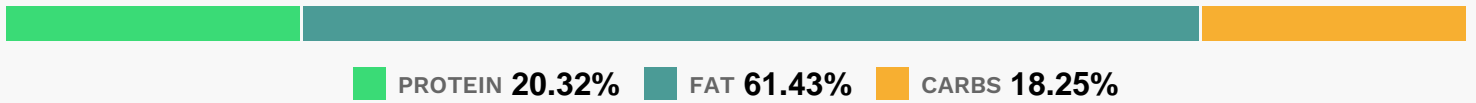
- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F.
- Combine the seasoning mix ingredients and set aside. Melt the butter or olive oil in a saucepan over medium heat and add the onions, celery, bell peppers, green onions, garlic, Tabasco, Worcestershire sauce and seasoning mix.
- Saute the mixture using medium to medium high heat until it starts sticking, about 6–8 minutes. Scrape occasionally and let the mixture brown lightly.
- Add the evaporated milk and ketchup. Continue cooking for about 3 minutes, stirring occasionally and remove the bay leaves.
- Let the mixture to cool to room temperature for easy handling. In a large bowl, combine the cooled vegetable mixture with ground beef, eggs, and bread crumbs.

- Mix well for 8 minutes using circular movement.
- Place the meatloaf mixture on an ungreased 13 x 9 inch baking pan. Shape the mixture into a loaf that is about 3 1/2 – 4 inches high and 5 inches wide.
- Combine the sauce ingredients.
- Spread the half of sauce all over on the meatloaf and bake for 25 minutes. Raised the heat to 400 degrees F.
- Spread the remaining sauce on the meatloaf and continue to bake for another 35 to 40 minutes. After coming out of the oven, let the meatloaf rest for 5–10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index: 44.67, Glycemic Load: 0.73, Inflammation Score: -5, Nutrition Score: 22.254782655965%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 643.06kcal (32.15%), Fat: 43.72g (67.26%), Saturated Fat: 14.6g (91.26%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 27.5g (10%), Sugar: 12.86g (14.29%), Cholesterol: 168mg (56%), Sodium: 1873.71mg (81.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.07%), Vitamin B12: 3.46µg (57.71%), Zinc: 7.1mg (47.33%), Selenium: 32.81µg (46.87%), Vitamin B3: 8.25mg (41.23%), Phosphorus: 364.75mg (36.47%), Vitamin B6: 0.65mg (32.63%), Vitamin B2: 0.51mg (29.93%), Iron: 4.79mg (26.6%), Vitamin K: 26.34µg (25.09%), Potassium: 733.53mg (20.96%), Vitamin B1: 0.28mg (18.66%), Vitamin E: 2.73mg (18.19%), Manganese: 0.35mg (17.65%), Calcium: 151.17mg (15.12%), Folate: 52.81µg (13.2%), Vitamin B5: 1.3mg (12.98%), Magnesium: 51.38mg (12.84%), Copper: 0.22mg (10.76%), Vitamin C: 7.78mg (9.43%), Vitamin A: 412.17IU (8.24%), Fiber: 1.72g (6.87%), Vitamin D: 0.47µg (3.1%)