



Cajun Style Meatloaf

READY IN



80 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage
- ☐ 2 bay leaves
- ☐ 1 cup bread crumbs dried
- ☐ 4 tablespoons butter
- ☐ 2 eggs beaten
- ☐ 0.5 cup evaporated milk
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup green onions chopped

- ☐ 1.5 pounds ground beef
- ☐ 1 teaspoon ground pepper
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 cup catsup
- ☐ 0.8 cup onion chopped
- ☐ 1 tablespoon pepper sauce hot
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

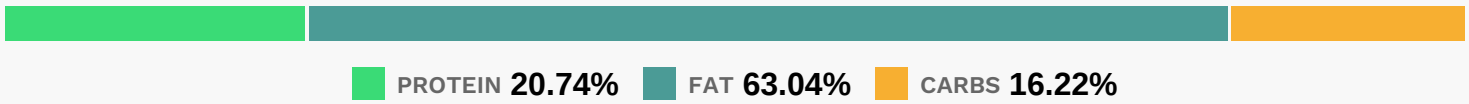
Directions

- ☐ In a small bowl, combine the bay leaves, salt, cayenne pepper, ground black pepper, ground white pepper, cumin, and nutmeg; set aside.
- ☐ Melt the butter or margarine in a saucepan over medium heat.
- ☐ Add the onion, bell pepper, green onions, garlic, hot pepper sauce, Worcestershire sauce, and reserved seasoning mix.
- ☐ Saute until mixture starts sticking to the bottom of the pan, about 6 minutes. Stir in the milk and ketchup; continue cooking for 2 more minutes, stirring occasionally.
- ☐ Remove vegetable mixture from heat, and allow to cool to room temperature.
- ☐ Place the beef and sausage in an ungreased 9x13 inch baking dish.

- ☐
- Add the eggs, the vegetable mixture, and the bread crumbs.

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Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:16.617391461911%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 479.73kcal (23.99%), Fat: 33.54g (51.61%), Saturated Fat: 13.92g (87.01%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 18.02g (6.55%), Sugar: 7.21g (8.01%), Cholesterol: 145.3mg (48.43%), Sodium: 963.2mg (41.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.66%), Vitamin B12: 2.28µg (38%), Selenium: 26.31µg (37.58%), Vitamin B3: 6.62mg (33.11%), Zinc: 4.83mg (32.23%), Phosphorus: 271.61mg (27.16%), Vitamin B6: 0.47mg (23.34%), Vitamin B2: 0.38mg (22.11%), Iron: 3.34mg (18.53%), Vitamin B1: 0.27mg (18.32%), Potassium: 543.27mg (15.52%), Vitamin C: 12.3mg (14.91%), Manganese: 0.27mg (13.36%), Calcium: 109.1mg (10.91%), Vitamin K: 11.41µg (10.87%), Vitamin A: 539.56IU (10.79%), Vitamin B5: 1.03mg (10.35%), Magnesium: 37.42mg (9.36%), Folate: 35.24µg (8.81%), Vitamin E: 1.28mg (8.52%), Copper: 0.16mg (8.07%), Fiber: 1.39g (5.57%), Vitamin D: 0.72µg (4.78%)