



Classic Meat Loaf

 Dairy Free

READY IN



57 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 large egg whites
- 0.3 cup parsley fresh chopped
- 1 pound ground sirloin
- 6 tablespoons catsup divided
- 0.5 cup onion chopped
- 0.8 teaspoon oregano dried
- 0.5 cup panko bread crumbs (Japanese breadcrumbs)

- 0.3 teaspoon salt
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- baking sheet
- oven
- kitchen thermometer

Directions

- Preheat oven to 35
- Heat a small skillet over medium heat. Coat pan with cooking spray.
- Add onion to pan; cook 6 minutes or until tender, stirring occasionally.
- Remove from heat; cool slightly.
- Combine onion, 3 tablespoons ketchup, and remaining ingredients in a bowl, and gently stir just until combined.
- Place meat mixture on a baking sheet coated with cooking spray; shape into an 8 x 4-inch loaf.
- Brush top of loaf with remaining 3 tablespoons ketchup.
- Bake at 350 for 35 minutes or until a thermometer registers 16
- Let stand 10 minutes; cut into 8 slices.
- Wine Pairing: Trivento, Amado Sur, Argentina (\$15), is a soft, malbec-based red blend with mild tannins, yet it's hearty enough to stand up to the flavorful meat loaf. The wine's ripe fruit and toasted oak match up with the combo of sweet ketchup and tangy-salty Worcestershire sauce. --Scott Jones

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:16.478260672611%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 312.26kcal (15.61%), Fat: 17.51g (26.94%), Saturated Fat: 6.77g (42.29%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 13.3g (4.83%), Sugar: 6.36g (7.07%), Cholesterol: 77.11mg (25.7%), Sodium: 515.37mg (22.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.59g (47.19%), Vitamin K: 66.78µg (63.6%), Vitamin B12: 2.49µg (41.57%), Zinc: 5.32mg (35.46%), Selenium: 21.75µg (31.07%), Vitamin B3: 6.2mg (31.01%), Vitamin B6: 0.47mg (23.45%), Phosphorus: 223mg (22.3%), Iron: 3.32mg (18.46%), Vitamin B2: 0.29mg (17.02%), Potassium: 494.29mg (14.12%), Vitamin C: 7.59mg (9.2%), Vitamin B1: 0.14mg (9.15%), Vitamin A: 439.97IU (8.8%), Manganese: 0.17mg (8.51%), Magnesium: 32.77mg (8.19%), Vitamin B5: 0.74mg (7.35%), Folate: 27.71µg (6.93%), Copper: 0.14mg (6.83%), Vitamin E: 0.86mg (5.71%), Calcium: 52.7mg (5.27%), Fiber: 1.06g (4.24%)