



Colombian Style Stuffed Meatloaf (Albondigón Colombiano)

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 1 small carrots cooked cut into thin strips
- ☐ 3 eggs cooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 Pound ground beef
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.3 teaspoon ground pepper
- ☐ 1 Pound ground pork
- ☐ 1 tablespoons mustard
- ☐ 0.8 cup onions finely chopped
- ☐ 1 small bell pepper red cut into thin strips
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons scallions chopped

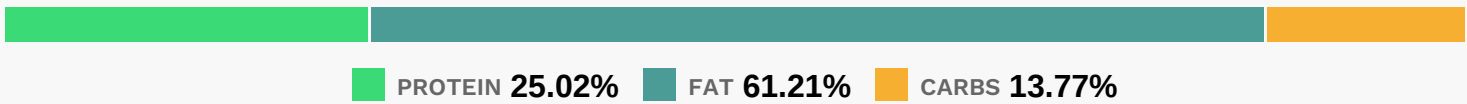
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Adjust the oven rack to the middle position and heat the oven to 350° F.In a large bowl mix the ground beef, ground pork, onions, scallions, garlic, bread crumbs, mustard, whisked eggs, parsley, salt, ground cumin and pepper, mix well until combined.
- ☐ Place a large piece of plastic on the kitchen counter and place the meat mixture on top. Flatten into a pattie and place the red pepper strips, the carrots and cooked eggs in the center of the pattie.Star rolling the meat mixture to enclose the eggs and vegetables completely. The plastic will help to tie the meatloaf.Spray a cooking sheet and take the plastic off the meatloaf.
- ☐ Place the meatloaf on the cooking sheet and cook in the oven for about 40 minutes.
- ☐ Let it cool and serve.

Nutrition Facts



Properties

Glycemic Index:33.6, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:18.658695739249%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 385.06kcal (19.25%), Fat: 25.81g (39.71%), Saturated Fat: 9.52g (59.48%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 11.61g (4.22%), Sugar: 2.31g (2.56%), Cholesterol: 142.46mg (47.49%), Sodium: 364.88mg (15.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.48%), Selenium: 31.78µg (45.39%), Vitamin B1: 0.6mg (40.06%), Vitamin K: 37.3µg (35.53%), Vitamin A: 1603.34IU (32.07%), Vitamin B12: 1.8µg (30.07%), Vitamin B3: 5.99mg (29.94%), Zinc: 4.14mg (27.62%), Phosphorus: 258.23mg (25.82%), Vitamin B6: 0.51mg (25.61%), Vitamin B2: 0.37mg (21.65%), Vitamin C: 16.74mg (20.29%), Iron: 2.9mg (16.12%), Potassium: 449.9mg (12.85%), Manganese: 0.22mg (10.85%), Vitamin B5: 1.08mg (10.75%), Folate: 41.28µg (10.32%), Magnesium: 34.45mg (8.61%), Calcium: 65.99mg (6.6%), Copper: 0.13mg (6.32%), Fiber: 1.46g (5.83%), Vitamin E: 0.64mg (4.27%), Vitamin D: 0.39µg (2.58%)