



 **12%**
HEALTH SCORE

Country Herbed Meat Loaf

READY IN



120 min.

SERVINGS



10

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 28 ounces canned tomatoes crushed canned
- 2 eggs beaten
- 2 tablespoons basil dried fresh chopped
- 8 ounces mushrooms fresh chopped
- 8 ounces mushrooms fresh chopped
- 1 garlic clove minced
- 2 pounds ground beef
- 3 tablespoons milk

- 0.3 cup olive oil
- 1 large onion finely chopped
- 0.1 teaspoon pepper
- 1 teaspoon salt
- 1 cup seasoned bread crumbs dry
- 2 teaspoons sugar
- 6 ounces canned tomatoes canned
- 1 cup water

Equipment

- frying pan
- oven
- loaf pan
- roasting pan
- kitchen thermometer

Directions

- In a skillet, heat oil on high.
- Saute the mushrooms; onion and garlic.
- Add tomatoes, tomato paste, salt, pepper and sugar.
- Remove 1-1/2 cups.
- Add water, bay leaf and basil to skillet. Simmer, uncovered, for 45 minutes, stirring occasionally.
- Meanwhile, combine all meat loaf ingredients with 1-1/2 cups reserved sauce. press into a 9-in. x 5-in. loaf pan lined with waxed paper. Unmold onto a roasting pan.
- Bake at 350° for 45 minutes or until no pink remains and a thermometer reads 160°.
- Remove from oven; drain.
- Spread 1/2 cup of herb sauce over top of meat loaf. Return to oven for 15 minutes. Discard bay leaf and serve remaining sauce over individual servings.

Nutrition Facts

PROTEIN 22.03% FAT 58.13% CARBS 19.84%

Properties

Glycemic Index:33.71, Glycemic Load:3.28, Inflammation Score:-5, Nutrition Score:20.234782467718%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 391.71kcal (19.59%), Fat: 25.66g (39.48%), Saturated Fat: 8.32g (51.99%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 16.26g (5.91%), Sugar: 7.53g (8.36%), Cholesterol: 97.81mg (32.6%), Sodium: 599.92mg (26.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.88g (43.76%), Vitamin B3: 7.46mg (37.3%), Vitamin B12: 2.1µg (35.07%), Selenium: 24.3µg (34.72%), Zinc: 4.68mg (31.21%), Vitamin B2: 0.48mg (28.07%), Vitamin K: 29.37µg (27.98%), Vitamin B6: 0.56mg (27.78%), Iron: 4.78mg (26.55%), Phosphorus: 263.45mg (26.34%), Copper: 0.44mg (21.98%), Potassium: 762.86mg (21.8%), Manganese: 0.43mg (21.75%), Vitamin B1: 0.28mg (18.5%), Vitamin E: 2.57mg (17.16%), Vitamin B5: 1.66mg (16.56%), Fiber: 3.44g (13.78%), Vitamin C: 11.36mg (13.77%), Magnesium: 53.46mg (13.36%), Folate: 50.37µg (12.59%), Calcium: 105.79mg (10.58%), Vitamin A: 292.24IU (5.84%), Vitamin D: 0.41µg (2.71%)