



Country Meatloaf with Tomato Relish



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 3 eggs
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 1.5 pounds ground beef
- ☐ 1 pound ground pork
- ☐ 12 ounces bottled ketchup

- ☐ 2 tablespoons olive oil
- ☐ 1 onion diced
- ☐ 2 bell peppers red seeded chopped
- ☐ 8 servings salt and pepper to taste
- ☐ 2 tomatoes seeded chopped
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

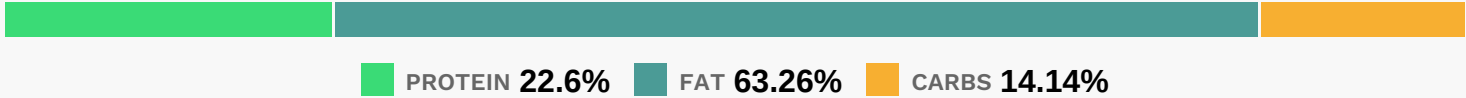
Directions

- ☐ For the tomato relish, coat a skillet with olive oil and place over medium heat.
- ☐ Saute the garlic, bay leaves, and onion together until they caramelize.
- ☐ Add the red peppers and cook until soft.
- ☐ Add the tomatoes, parsley and Worcestershire sauce, cook for 10 minutes until the vegetables cook down. Stir in the ketchup and continue to cook until heated through, about 5 minutes.
- ☐ Remove from heat.
- ☐ In a large mixing bowl, combine the ground beef and pork together with your hands. Fold in 1/2 cup of the tomato relish.
- ☐ Add the eggs and thyme and mix with both hands just until blended. Do not over mix or the meat loaf will become dense and tough. Season with salt and pepper. Coat a 9 by 5-inch loaf pan with nonstick spray. Fill the loaf pan with the meat mixture, mounding it a bit on top. Generously spoon some tomato relish on the surface. When cooked, this will form a top crust.
- ☐ Place the loaf pan on a cookie sheet and bake in a preheated 350 degree F oven for 1 to 1 1/2 hours or until the meat loaf has pulled away from the sides of the pan.

- ☐
- Remove from pan, allow to cool slightly before cutting into slices.

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Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:23.609565216562%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 486.67kcal (24.33%), Fat: 34.35g (52.85%), Saturated Fat: 12.04g (75.23%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 15.58g (5.67%), Sugar: 12g (13.33%), Cholesterol: 162.59mg (54.2%), Sodium: 723.96mg (31.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.23%), Vitamin C: 51.27mg (62.14%), Selenium: 32.29µg (46.12%), Vitamin B12: 2.36µg (39.4%), Vitamin K: 39.69µg (37.8%), Vitamin B6: 0.73mg (36.61%), Vitamin B3: 7.24mg (36.21%), Zinc: 5.3mg (35.36%), Vitamin A: 1743.5IU (34.87%), Vitamin B1: 0.5mg (33.47%), Phosphorus: 301.82mg (30.18%), Vitamin B2: 0.45mg (26.69%), Potassium: 731.61mg (20.9%), Iron: 3.41mg (18.92%), Vitamin E: 2.3mg (15.35%), Vitamin B5: 1.24mg (12.36%), Magnesium: 45.3mg (11.33%), Folate: 45.16µg (11.29%), Manganese: 0.2mg (9.76%), Copper: 0.17mg (8.66%), Fiber: 1.68g (6.74%), Calcium: 60.85mg (6.09%), Vitamin D: 0.41µg (2.77%)