

Danish Meat Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tsp pepper black freshly ground
- 8 servings breadcrumbs plain homemade store-bought fine
- 2 tsp coarse salt
- 2 large eggs
- 2 cloves garlic minced
- 0.8 lb ground beef
- 0.5 lb ground veal
- 0.8 lb ground sausage sweet italian canned (Sausage can be or hot. Guess what? I prefer hot.)

- 6 slices pumpernickel bread (Wild's Westphalian is perfect)
- 2 tbsp worcestershire sauce
- 1 cup onion yellow minced finely chopped (not)

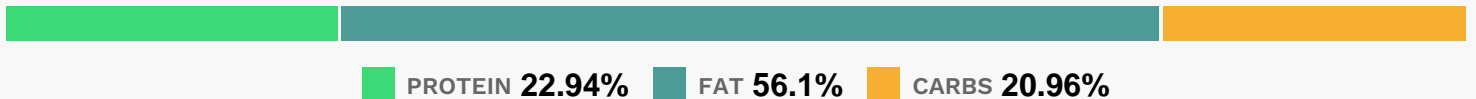
Equipment

- oven
- mixing bowl
- loaf pan
- baking pan
- wooden spoon
- kitchen thermometer

Directions

- Preheat oven to 350° F.
- Soak bread in warm water for 3 or 4 minutes. Squeeze out water and tear into pieces.
- Combine lightly beaten eggs, Worcestershire, salt, and pepper in small bowl. Using a big mixing bowl, mix bread and egg mixture together, then add onions, garlic, and the meats, and blend together with a wooden spoon or your hands.
- Pat into an oval or square baking dish or a loaf pan, then sprinkle with bread crumbs.
- Bake 1 to 1 1/4 hours or until instant-read thermometer registers 155°F.
- Remove from oven, pour off excess fat, and let it rest for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:6.1, Inflammation Score:-3, Nutrition Score:16.400869628657%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg,

Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 426.36kcal (21.32%), Fat: 26.24g (40.37%), Saturated Fat: 9.48g (59.22%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 19.63g (7.14%), Sugar: 2.08g (2.31%), Cholesterol: 132.26mg (44.09%), Sodium: 1234.18mg (53.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.28%), Selenium: 31.7µg (45.29%), Vitamin B3: 6.78mg (33.91%), Vitamin B1: 0.48mg (31.78%), Vitamin B12: 1.82µg (30.39%), Phosphorus: 278.98mg (27.9%), Zinc: 4.12mg (27.49%), Manganese: 0.52mg (25.86%), Vitamin B6: 0.48mg (23.94%), Vitamin B2: 0.39mg (23.16%), Iron: 3.26mg (18.12%), Potassium: 468.12mg (13.37%), Folate: 53.16µg (13.29%), Vitamin B5: 1.18mg (11.78%), Copper: 0.22mg (10.83%), Magnesium: 41.93mg (10.48%), Fiber: 2.43g (9.72%), Calcium: 73.15mg (7.32%), Vitamin C: 3.12mg (3.78%), Vitamin E: 0.5mg (3.32%), Vitamin K: 2.2µg (2.09%), Vitamin D: 0.29µg (1.95%), Vitamin A: 72.69IU (1.45%)