



 **100%**
HEALTH SCORE

Doggy Meatloaf with Vegetables

 Dairy Free  Very Healthy

READY IN



95 min.

SERVINGS



4

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples diced cored
- 2 carrots grated
- 3 carrots chopped
- 1 stalk celery cubed
- 3 stalks celery chopped
- 2 eggs
- 1.5 pounds ground beef lean
- 4 medium potatoes cubed

- 1 cup regular rolled oats
- 6 ounce tomato paste canned
- 1 cup wheat germ
- 2 slices bread white

Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Coat a large roasting pan with oil and set aside.
- In a large bowl, mix together the ground beef, 3 stalks of celery, grated carrots, apple, eggs, bread, oats, wheat germ and tomato paste using your hands. Divide the meat mixture into four equal parts and make loaf shapes.
- Place the loaves in the roasting pan. Surround them with the potatoes, remaining carrots and remaining celery. Cover the pan with a lid.
- Bake for 80 minutes in the preheated oven, or until the meat is cooked through. The internal temperature should be 175 degrees F (80 degrees C) when taken with a meat thermometer. Allow to cool.
- Portion the food into containers with one loaf and one quarter of the vegetables in each one. Refrigerate. To serve, give your dog 1/3 of a container with each portion of kibble.

Nutrition Facts



Properties

Glycemic Index:106.55, Glycemic Load:41.42, Inflammation Score:-10, Nutrition Score:57.907825449239%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 716.71kcal (35.84%), Fat: 15.8g (24.31%), Saturated Fat: 5.45g (34.05%), Carbohydrates: 90.01g (30%), Net Carbohydrates: 74.52g (27.1%), Sugar: 13.36g (14.85%), Cholesterol: 187.3mg (62.43%), Sodium: 361.77mg (15.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.8g (111.61%), Vitamin A: 13157.11IU (263.14%), Manganese: 5.23mg (261.34%), Selenium: 69.01µg (98.58%), Vitamin B6: 1.96mg (97.77%), Zinc: 14.31mg (95.39%), Phosphorus: 895.97mg (89.6%), Vitamin B3: 15.83mg (79.13%), Vitamin B1: 1.04mg (69.67%), Potassium: 2381.36mg (68.04%), Vitamin B12: 4.01µg (66.77%), Vitamin C: 53.71mg (65.1%), Fiber: 15.49g (61.96%), Iron: 10.09mg (56.07%), Magnesium: 213.44mg (53.36%), Folate: 189.85µg (47.46%), Vitamin B2: 0.75mg (44.02%), Copper: 0.84mg (41.94%), Vitamin B5: 3.46mg (34.55%), Vitamin K: 30.09µg (28.66%), Calcium: 159.67mg (15.97%), Vitamin E: 2.07mg (13.77%), Vitamin D: 0.61µg (4.07%)