



Double-Cheese Meat Loaf

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons dijon mustard divided
- 1 large eggs lightly beaten
- 0.3 cup parsley fresh chopped
- 0.5 pound ground pork lean
- 0.5 pound ground veal lean
- 0.5 cup italian-seasoned breadcrumbs
- 6 tablespoons catsup divided
- 0.5 pound ground beef lean

- 1 cup onion chopped
- 1 teaspoon oregano dried
- 2 tablespoons parmesan cheese grated
- 4 ounces part-skim mozzarella cheese shredded

Equipment

- bowl
- frying pan
- oven
- loaf pan
- kitchen thermometer

Directions

- Preheat oven to 37
- Place a medium nonstick skillet coated with cooking spray over medium-high heat.
- Add the chopped onion, and saut for 3 minutes.
- Combine the onion, 1/4 cup ketchup, 1 tablespoon mustard, mozzarella, and next 6 ingredients (mozzarella through egg) in a large bowl. Crumble ground meats over cheese mixture; stir just until blended.
- Pack mixture into an 8 x 4-inch loaf pan coated with cooking spray.
- Combine 2 tablespoons ketchup and 1 tablespoon mustard; spread over top of loaf.
- Bake at 375 for 1 hour or until meat thermometer registers 16
- Let meat loaf stand in pan 10 minutes.
- Remove meat loaf from pan, and cut into 12 slices.
- Note: Substitute lean ground beef for the ground veal and pork, if desired.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.61, Inflammation Score:-7, Nutrition Score:19.319565265075%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 341.73kcal (17.09%), Fat: 17.52g (26.96%), Saturated Fat: 7.49g (46.78%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 13.5g (4.91%), Sugar: 5.25g (5.84%), Cholesterol: 126.29mg (42.1%), Sodium: 562.32mg (24.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.1g (60.21%), Vitamin K: 48.91µg (46.58%), Selenium: 29.23µg (41.76%), Vitamin B3: 7.52mg (37.59%), Phosphorus: 369.1mg (36.91%), Zinc: 4.9mg (32.64%), Vitamin B12: 1.9µg (31.74%), Vitamin B1: 0.45mg (30.13%), Vitamin B6: 0.56mg (27.94%), Vitamin B2: 0.43mg (25.54%), Calcium: 220.44mg (22.04%), Iron: 2.71mg (15.04%), Potassium: 519.62mg (14.85%), Vitamin B5: 1.27mg (12.7%), Manganese: 0.22mg (11.18%), Magnesium: 44.41mg (11.1%), Folate: 37.68µg (9.42%), Vitamin A: 470.03IU (9.4%), Vitamin C: 6.48mg (7.85%), Copper: 0.16mg (7.85%), Fiber: 1.45g (5.79%), Vitamin E: 0.67mg (4.5%), Vitamin D: 0.27µg (1.8%)