



Easy meatloaf

READY IN



80 min.

SERVINGS



8

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread fresh white
- ☐ 500 g pack pork minced
- ☐ 1 onion roughly chopped
- ☐ 1 garlic clove roughly chopped
- ☐ 1 handful parsley
- ☐ 1 tbsp oregano dried fresh chopped
- ☐ 4 tbsp parmesan freshly grated
- ☐ 1 eggs beaten
- ☐ 8 slices pancetta

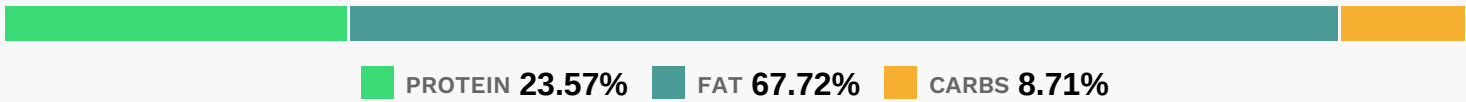
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven

Directions

- ☐ Heat the oven to 190C/fan 170C/gas
- ☐ Put bread in processor and blitz to make crumbs, then tip into a bowl with the pork.
- ☐ Tip the onion, garlic and herbs into the food processor and process until finely chopped.
- ☐ Add to the bowl with the parmesan and egg. Finely chop 2 slices of the prosciutto and add to the mix with some salt and pepper.
- ☐ Mix well with a fork or your hands.
- ☐ Use the rest of the prosciutto to line a 1.5 litre loaf tin. Spoon in the meatloaf mix and press down well. Flip the overhanging prosciutto over the top, then put the loaf tin into a roasting tray.
- ☐ Pour hot water from the kettle into the roasting tray to come halfway up the loaf tin and bake for 1 hr until loaf shrinks from the sides of tin.
- ☐ Cool in the tin for 10 mins, then drain off any excess liquid and turn out onto a board.
- ☐ Cut into thick slices and serve warm or cold with salad.

Nutrition Facts



Properties

Glycemic Index:24.47, Glycemic Load:2.55, Inflammation Score:-6, Nutrition Score:9.2173913354459%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 240.17kcal (12.01%), Fat: 17.86g (27.47%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.5g (1.64%), Sugar: 0.99g (1.1%), Cholesterol: 72.44mg (24.15%), Sodium: 166.68mg (7.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.96%), Vitamin B1: 0.52mg (34.87%), Selenium: 20.83µg (29.76%), Vitamin B3: 3.4mg (16.98%), Phosphorus: 161.97mg (16.2%), Vitamin B6: 0.31mg (15.31%), Vitamin B2: 0.21mg (12.34%), Vitamin K: 12.22µg (11.64%), Zinc: 1.71mg (11.43%), Vitamin B12: 0.56µg (9.27%), Potassium: 244.64mg (6.99%), Calcium: 69.53mg (6.95%), Iron: 1.21mg (6.7%), Vitamin B5: 0.62mg (6.18%), Manganese: 0.1mg (5.11%), Magnesium: 19.69mg (4.92%), Folate: 17.69µg (4.42%), Copper: 0.06mg (2.76%), Vitamin C: 2.25mg (2.73%), Fiber: 0.67g (2.67%), Vitamin A: 109.68IU (2.19%), Vitamin E: 0.23mg (1.55%), Vitamin D: 0.15µg (1.03%)