



Edward's Open-Faced Meatloaf Sandwiches

READY IN



240 min.

SERVINGS



8

CALORIES



1026 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 slices bacon diced
- ☐ 2 tablespoons bourbon
- ☐ 1.5 cups breadcrumbs fresh soft
- ☐ 1 tablespoon butter
- ☐ 1.5 tablespoons butter
- ☐ 0.5 cup celery finely chopped
- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup coca-cola soft
- ☐ 3 large eggs

- ☐ 8 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups mushrooms fresh chopped
- ☐ 8 servings parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 8 servings gravy
- ☐ 2 pounds ground beef
- ☐ 1 cup catsup
- ☐ 0.3 teaspoon juice of lemon fresh
- ☐ 2 tablespoons brown sugar light
- ☐ 4 tablespoons mayonnaise
- ☐ 8 servings meat marinade mix
- ☐ 2 cups onion finely chopped (1 large)
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon soya sauce
- ☐ 8 slices texas toast croutons
- ☐ 8 slices tomato thick
- ☐ 2 teaspoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

- ☐ whisk
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ aluminum foil

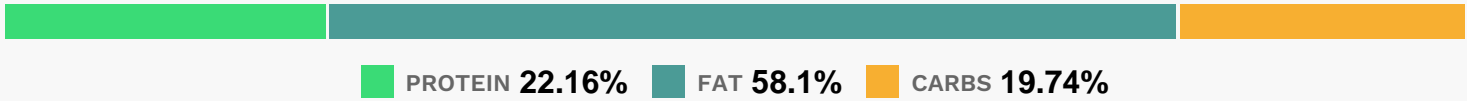
Directions

- ☐ Prepare Meatloaf: Preheat oven to 35
- ☐ Cook bacon in a large skillet over medium heat, stirring often, 8 to 10 minutes or until crisp.
- ☐ Remove bacon, and drain on paper towels, reserving drippings in skillet.
- ☐ Add onions and next 2 ingredients to hot drippings, and saut 3 minutes.
- ☐ Add mushrooms; saut 4 minutes.
- ☐ Transfer mixture to a large bowl, and let cool to room temperature (about 30 minutes).
- ☐ Add ground chuck, next 5 ingredients, 1/2 cup ketchup, 1 1/2 tsp. salt, 1/2 tsp. pepper, and cooked bacon to onion mixture in bowl, and combine mixture, using hands. Stir together brown sugar, soy sauce, and remaining 1/2 cup ketchup in a separate bowl.
- ☐ Transfer meat mixture to a lightly greased 9- x 5-inch loafpan.
- ☐ Brush top with ketchup mixture.
- ☐ Bake at 350 for 1 hour and 20 minutes to 1 hour and 30 minutes or until a meat thermometer inserted in center registers 15
- ☐ Let cool in pan on a wire rack 1 hour, reserving 1 cup drippings.
- ☐ Prepare Gravy: Melt butter in a saucepan over medium heat.
- ☐ Whisk in flour until smooth. Slowly whisk in broth and meatloaf drippings. Reduce heat to medium-low, and simmer, whisking constantly, 2 minutes or until slightly thickened. Stir in 1/4 tsp. salt, 1 tsp. pepper, and 1/4 tsp. lemon juice.
- ☐ Remove from heat.
- ☐ Preheat oven to 35
- ☐ Arrange Texas toast slices on a baking sheet, and bake 8 minutes on each side or until golden.
- ☐ Remove from oven.
- ☐ Melt 1 Tbsp. butter in a large nonstick skillet over medium heat. Gently break 4 eggs into a hot skillet. Cook 2 to 3 minutes on each side or to desired degree of doneness.

- ☐
- Remove from skillet, and cover with aluminum foil. Repeat procedure with remaining 4 eggs.

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Nutrition Facts



Properties

Glycemic Index:71.63, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:31.192608874777%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.8mg, Apigenin: 8.8mg, Apigenin: 8.8mg, Apigenin: 8.8mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 1025.56kcal (51.28%), Fat: 66.74g (102.67%), Saturated Fat: 23.03g (143.96%), Carbohydrates: 51.01g (17%), Net Carbohydrates: 47.69g (17.34%), Sugar: 16.11g (17.91%), Cholesterol: 421.19mg (140.4%), Sodium: 1787.54mg (77.72%), Alcohol: 1.25g (100%), Alcohol %: 0.32% (100%), Protein: 57.28g (114.55%), Vitamin K: 84.53µg (80.51%), Iron: 13mg (72.24%), Selenium: 50.54µg (72.19%), Vitamin B12: 3.23µg (53.9%), Vitamin B2: 0.77mg (45.13%), Zinc: 6.51mg (43.38%), Phosphorus: 431.25mg (43.12%), Vitamin B3: 8.59mg (42.93%), Vitamin B6: 0.71mg (35.28%), Vitamin B1: 0.39mg (25.83%), Vitamin B5: 2.34mg (23.41%), Potassium: 774.15mg (22.12%), Folate: 87.67µg (21.92%), Manganese: 0.41mg (20.74%), Vitamin A: 1024.19IU (20.48%), Copper: 0.33mg (16.27%), Vitamin E: 2.13mg (14.2%), Magnesium: 54.14mg (13.53%), Fiber: 3.32g (13.28%), Vitamin C: 10.84mg (13.13%), Calcium: 129.87mg (12.99%), Vitamin D: 1.63µg (10.85%)