



French Market Meat Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 0.3 cup breadcrumbs soft
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 large eggs lightly beaten
- ☐ 2 garlic clove minced
- ☐ 10 servings gravy
- ☐ 1 small bell pepper diced green
- ☐ 2 pounds ground beef

- ☐ 1 medium onion diced
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons salt
- ☐ 8 ounce mild sausage links to package directions and coin diced
- ☐ 0.5 cup tomato sauce

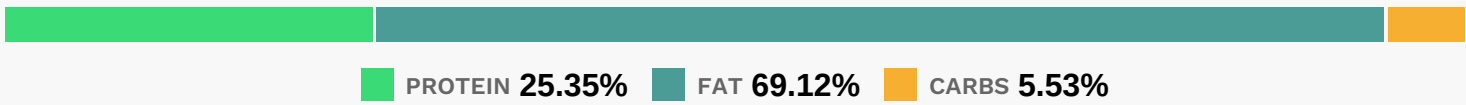
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cook first 8 ingredients in a large nonstick skillet over medium-high heat, stirring often, 10 minutes or until vegetables are tender.
- ☐ Drain on paper towels; cool.
- ☐ Stir together ground beef and next 4 ingredients in a large bowl; stir in sausage mixture. Shape meat mixture into an 11 1/2- x 4-inch loaf; place in a lightly greased aluminum foil-lined 15- x 10-inch jellyroll pan.
- ☐ Bake at 375 for 50 minutes or until meat mixture is no longer pink in center; drain meat loaf, and let stand 10 minutes.
- ☐ Serve with Tomato Gravy.

Nutrition Facts



Properties

Glycemic Index:17.7, Glycemic Load:0.54, Inflammation Score:-3, Nutrition Score:11.555217307547%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 329.07kcal (16.45%), Fat: 24.9g (38.31%), Saturated Fat: 9.19g (57.42%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 3.74g (1.36%), Sugar: 1.3g (1.44%), Cholesterol: 99.42mg (33.14%), Sodium: 805.13mg (35.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.55g (41.09%), Vitamin B12: 2.2µg (36.61%), Zinc: 4.46mg (29.73%), Vitamin B3: 5.36mg (26.81%), Selenium: 16.14µg (23.06%), Vitamin B6: 0.43mg (21.33%), Phosphorus: 199.33mg (19.93%), Iron: 2.55mg (14.16%), Vitamin B2: 0.21mg (12.53%), Potassium: 392.08mg (11.2%), Vitamin C: 7.99mg (9.69%), Vitamin B1: 0.14mg (9.59%), Vitamin B5: 0.77mg (7.68%), Magnesium: 25.16mg (6.29%), Manganese: 0.12mg (5.98%), Copper: 0.11mg (5.5%), Vitamin E: 0.7mg (4.67%), Vitamin K: 4.67µg (4.45%), Folate: 16.41µg (4.1%), Calcium: 36.62mg (3.66%), Vitamin D: 0.49µg (3.24%), Fiber: 0.74g (2.97%), Vitamin A: 129.4IU (2.59%)