



Good Eats Meatloaf



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots peeled
- ☐ 0.5 cup catsup
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 eggs
- ☐ 6 ounces garlic-flavored croutons
- ☐ 18 ounces ground beef

- ☐ 1 tablespoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 18 ounces ground sirloin
- ☐ 1 tablespoon honey
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.5 onion roughly chopped
- ☐ 1 Dash pepper sauce hot
- ☐ 0.5 bell pepper red
- ☐ 3 cloves garlic whole
- ☐ 1 Dash worcestershire sauce

Equipment

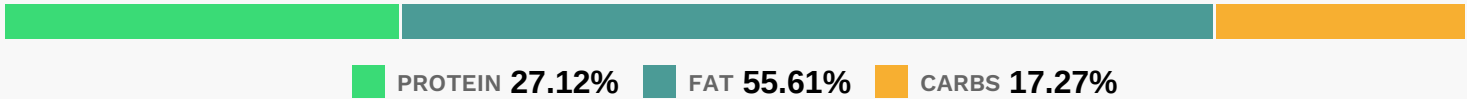
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Heat oven to 325 degrees F.
- ☐ In a food processor bowl, combine croutons, black pepper, cayenne pepper, chili powder, and thyme. Pulse until the mixture is of a fine texture.
- ☐ Place this mixture into a large bowl.
- ☐ Combine the onion, carrot, garlic, and red pepper in the food processor bowl. Pulse until the mixture is finely chopped, but not pureed.
- ☐ Combine the vegetable mixture, ground sirloin, and ground chuck with the bread crumb mixture. Season the meat mixture with the kosher salt.
- ☐ Add the egg and combine thoroughly, but avoid squeezing the meat.

- ☐
- Pack this mixture into a 10-inch loaf pan to mold the shape of the meatloaf. Onto aparchment paper-lined baking sheet, turn the meatloaf out of the pan onto the center of the tray. Insert a temperature probe at a 45 degree angle into the top of the meatloaf. Avoid touching the bottom of the tray with the probe. Set the probe for 155 degrees.
- ☐
- Combine the catsup, cumin, Worcestershire sauce, hot pepper sauce and honey.
- ☐
- Brush the glaze onto the meatloaf after it has been cooking for about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:71.78, Glycemic Load:7.45, Inflammation Score:-10, Nutrition Score:37.166521652885%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 751.98kcal (37.6%), Fat: 46.52g (71.57%), Saturated Fat: 17.73g (110.84%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 29.94g (10.89%), Sugar: 13.25g (14.72%), Cholesterol: 218.25mg (72.75%), Sodium: 1363.83mg (59.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.04g (102.07%), Vitamin B12: 5.6µg (93.27%), Zinc: 11.99mg (79.93%), Vitamin B6: 1.58mg (79.11%), Selenium: 49.61µg (70.87%), Vitamin A: 3513.44IU (70.27%), Vitamin B3: 12.56mg (62.79%), Phosphorus: 541.97mg (54.2%), Manganese: 0.98mg (49.23%), Vitamin C: 36.67mg (44.45%), Iron: 7.82mg (43.42%), Vitamin B2: 0.57mg (33.7%), Potassium: 1151.98mg (32.91%), Vitamin B5: 1.91mg (19.08%), Copper: 0.37mg (18.64%), Magnesium: 73.81mg (18.45%), Calcium: 165.98mg (16.6%), Vitamin B1: 0.24mg (16.22%), Vitamin E: 2.26mg (15.06%), Vitamin K: 13.95µg (13.29%), Fiber: 2.57g (10.28%), Folate: 39.56µg (9.89%), Vitamin D: 0.48µg (3.17%)