



Gourmet Meatloaf

READY IN

ready

85 min.

SERVINGS

servings

6

CALORIES

calories

860 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli chopped
- ☐ 10 slices cheddar cheese
- ☐ 1.5 cups bread crumbs dry
- ☐ 1 ounce onion soup mix dry
- ☐ 1 eggs
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 1 bell pepper green chopped
- ☐ 2 pounds ground beef

- ☐ 15 slices ham thinly sliced
- ☐ 1 onion chopped
- ☐ 1 cup steak sauce

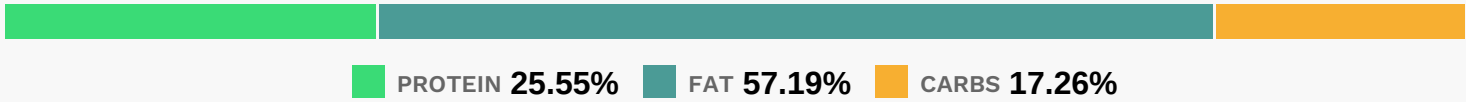
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large mixing bowl, combine the ground beef, bread crumbs, egg and steak sauce.
- ☐ Mix thoroughly. Blend in soup mix, green pepper, onion, cilantro and garlic.
- ☐ On a large piece of aluminum foil, pat the beef mixture into a thin, flat rectangle.
- ☐ Layer about 1/2 the ham on top of the beef from end to end.
- ☐ Layer ham with the Cheddar cheese.
- ☐ Layer cheese with remaining ham, then the broccoli.
- ☐ Using the foil, roll the meatloaf while pinching the ends. Keep aluminum foil around the meat loaf and place on a medium baking sheet.
- ☐ Bake in the preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:36.032608591992%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 860.41kcal (43.02%), Fat: 54.02g (83.1%), Saturated Fat: 21.84g (136.5%), Carbohydrates: 36.7g (12.23%), Net Carbohydrates: 33.13g (12.05%), Sugar: 7.65g (8.49%), Cholesterol: 206.36mg (68.79%), Sodium: 2365.72mg (102.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.29g (108.59%), Selenium: 57.1µg (81.57%), Vitamin B12: 4.14µg (69.06%), Zinc: 9.85mg (65.64%), Phosphorus: 630.53mg (63.05%), Vitamin B3: 12.08mg (60.38%), Vitamin C: 46.82mg (56.75%), Vitamin B1: 0.83mg (55.13%), Vitamin B6: 1.01mg (50.69%), Vitamin B2: 0.73mg (42.79%), Vitamin K: 41.74µg (39.75%), Iron: 5.97mg (33.17%), Calcium: 321.96mg (32.2%), Potassium: 1013.2mg (28.95%), Manganese: 0.5mg (25.06%), Magnesium: 79.11mg (19.78%), Folate: 78.91µg (19.73%), Copper: 0.36mg (18.2%), Vitamin B5: 1.72mg (17.19%), Vitamin A: 786.76IU (15.74%), Fiber: 3.58g (14.3%), Vitamin E: 1.99mg (13.23%), Vitamin D: 0.96µg (6.39%)