



Grilled Cheesy Meatloaves

READY IN



30 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound percent ground beef sirloin lean
- ☐ 3 bell peppers assorted quartered cut into large chunks
- ☐ 1 stalk celery cut into pieces
- ☐ 1 large eggs
- ☐ 0.3 cup parsley fresh
- ☐ 0.3 cup catsup
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 cup panko breadcrumbs
- ☐ 1 bunch scallions light white green cut into pieces and parts

- ☐ 3 ounces sharp cheddar cheese cut into four 2-inch-long sticks
- ☐ 2 teaspoons worcestershire sauce plus more for brushing

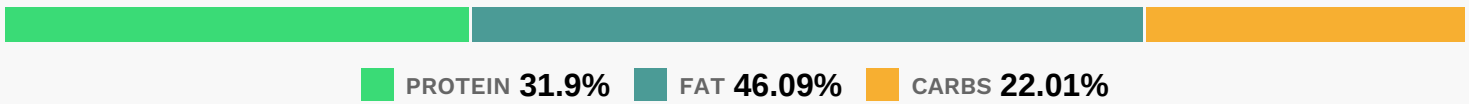
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat a grill to medium high. Pulse the scallions, celery and parsley in a food processor until finely chopped; transfer to a bowl.
- ☐ Add the beef, panko, egg, 2 teaspoons Worcestershire sauce, 1/2 teaspoon salt, and pepper to taste.
- ☐ Mix with your hands, then divide into 4 portions; set a piece of cheese on each. Mold the beef around the cheese and form into mini oval-shaped loaves. Stack 2 large sheets of heavy-duty foil; coat the top sheet with cooking spray. Arrange the meatloaves 1 1/2 inches apart in the center of the foil; coat with cooking spray. Bring the foil edges together to make a packet and crimp to seal. Set the packet seam-side down on the grill; add the peppers to the grill, skin-side down. Cover and cook 10 minutes. Flip the peppers, brush with Worcestershire sauce and sprinkle with salt; flip the packet. Continue cooking, covered, 5 to 8 more minutes.
- ☐ Remove the peppers and packet from the grill.
- ☐ Brush the meatloaves with ketchup. Return the open packet to the grill; cook 5 more minutes.
- ☐ Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:1.43, Inflammation Score:-10, Nutrition Score:31.779130334439%

Flavonoids

Apigenin: 8.36mg, Apigenin: 8.36mg, Apigenin: 8.36mg, Apigenin: 8.36mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 408.79kcal (20.44%), Fat: 20.89g (32.14%), Saturated Fat: 9.32g (58.26%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 19.41g (7.06%), Sugar: 8.6g (9.55%), Cholesterol: 141.47mg (47.16%), Sodium: 724.92mg (31.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.08%), Vitamin C: 121.67mg (147.48%), Vitamin K: 84.15µg (80.14%), Vitamin A: 3574.9IU (71.5%), Vitamin B12: 2.9µg (48.25%), Selenium: 32.75µg (46.78%), Zinc: 6.92mg (46.15%), Vitamin B3: 7.99mg (39.94%), Phosphorus: 391.23mg (39.12%), Vitamin B6: 0.77mg (38.52%), Vitamin B2: 0.51mg (29.83%), Iron: 4.46mg (24.75%), Calcium: 223.7mg (22.37%), Folate: 88.98µg (22.24%), Potassium: 744.87mg (21.28%), Vitamin B1: 0.26mg (17.63%), Vitamin E: 2.39mg (15.9%), Manganese: 0.3mg (14.8%), Vitamin B5: 1.37mg (13.71%), Magnesium: 53.6mg (13.4%), Fiber: 3.03g (12.14%), Copper: 0.18mg (9.2%), Vitamin D: 0.49µg (3.27%)