



 **66%**  
HEALTH SCORE

## Grilled Greek-Style Meatloaf with Herbed Potatoes and Grilled Lemon

 Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



991 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup breadcrumbs dry
- 1 eggs lightly beaten
- 0.3 teaspoon fennel powder
- 0.3 cup feta cheese crumbled
- 10 sprigs thyme sprigs fresh
- 1 tablespoon garlic clove minced
- 0.5 teaspoon pepper red such as cayenne hot

- 2 pounds ground pork
- 4 servings pepper black freshly ground
- 3 strips lemon zest
- 3 optional: lemon divided halved
- 2 tablespoons olive oil
- 2 strips orange zest
- 0.5 teaspoon oregano dry
- 10 sprigs oregano fresh
- 2 pounds potatoes scrubbed
- 1 large onion red sliced

## Equipment

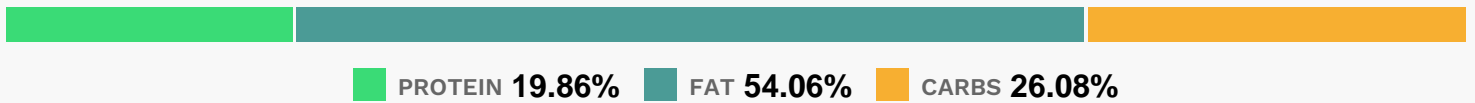
- bowl
- grill
- kitchen thermometer
- aluminum foil
- microwave

## Directions

- Combine pork, 3/4 teaspoon kosher salt, 1/2 teaspoon black pepper, ground red pepper, oregano, fennel, garlic, orange zest, breadcrumbs and egg in a large bowl. Divide meat evenly into four portions and shape into oblong, individual meatloaves.
- Place potatoes in a large, covered microwave-safe bowl and cook on high for until almost tender, 8 to 10 minutes.
- Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread the coals evenly over half of coal grate, the other area empty for the corn. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate.
- Place a large piece of foil on a work surface.
- Place thyme and oregano in the center of the foil and top with potatoes.

- Add orange and lemon zest and drizzle evenly with olive oil and 2 tablespoons juice from 1 lemon (2 halves). Season with salt and pepper and seal into a completely enclosed packet.
- Grill meatloaf, onion slices and foil packet of potatoes over direct heat. Flip onion after about 7 minutes. When onion slices have a good char on both sides, remove from heat (about 15 minutes total)
- Check the meatloaf and potato packet periodically. When potatoes are completely tender (about 20 minutes), remove from grill and keep warm. During the last few minutes of cooking, place remaining lemon halves (
  - on the grill, cut side down, to char.
- Remove meatloaf from the grill when an instant read thermometer inserted into the center registers 155°F, 20 to 25 minutes.
- Tear open foil packet and evenly divide contents between four plates. Finish plates with onion slices, meatloaf and a shower of feta.
- Serve immediately with grilled lemons.

## Nutrition Facts



## Properties

Glycemic Index:78.06, Glycemic Load:31.47, Inflammation Score:-10, Nutrition Score:46.320869539095%

## Flavonoids

Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

## Nutrients (% of daily need)

Calories: 991.22kcal (49.56%), Fat: 60.29g (92.76%), Saturated Fat: 21.19g (132.41%), Carbohydrates: 65.45g (21.82%), Net Carbohydrates: 54.22g (19.72%), Sugar: 6.11g (6.78%), Cholesterol: 215.34mg (71.78%), Sodium: 402.53mg (17.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.83g (99.67%), Vitamin B1: 2.06mg (137.12%), Vitamin C: 97.65mg (118.37%), Selenium: 66.14µg (94.48%), Vitamin B6: 1.82mg (90.75%), Manganese: 1.42mg (71.22%), Vitamin B3: 13.69mg (68.46%), Phosphorus: 648.12mg (64.81%), Potassium: 1905.53mg (54.44%),

Vitamin B2: 0.88mg (51.92%), Fiber: 11.23g (44.91%), Zinc: 6.66mg (44.41%), Iron: 7.74mg (43.02%), Vitamin K: 43.03µg (40.98%), Magnesium: 133.96mg (33.49%), Vitamin B12: 1.94µg (32.4%), Vitamin B5: 2.82mg (28.18%), Calcium: 281.36mg (28.14%), Folate: 99.31µg (24.83%), Copper: 0.49mg (24.71%), Vitamin E: 2.27mg (15.16%), Vitamin A: 363.75IU (7.27%), Vitamin D: 0.27µg (1.8%)