



Grilled Meat Loaf

READY IN



30 min.

SERVINGS



4

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup bread crumbs dry
- 1 eggs beaten
- 0.3 cup parsley leaves fresh roughly chopped
- 1.5 pounds ground beef
- 3 teaspoons kosher salt
- 0.5 pound new potatoes cut into 1-inch chunks
- 2 tablespoons olive oil
- 0.3 cup tomato paste

- 4 ounces cheddar white grated
- 2 onions yellow

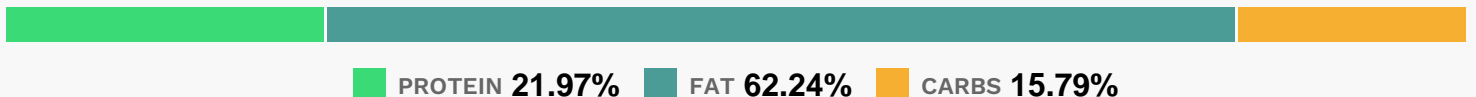
Equipment

- bowl
- grill
- kitchen thermometer
- aluminum foil
- stove

Directions

- Heat grill to medium. Finely dice 1/2 onion. In a large bowl, combine the diced onion, beef, tomato paste, bread crumbs, Cheddar, parsley, egg, 2 teaspoons of the salt, and 1/4 teaspoon of the pepper. Have ready 2 sheets of foil, each 3 feet long, stacked on top of each other. Fold the foil in half, then unfold, so there's a crease in the center.
- Place the mixture in the center of the right half and shape it into a loaf.
- Cut the remaining onions into 1-inch wedges.
- Place the onions and potatoes around the loaf, drizzle with the oil, and season with the remaining salt and pepper. Fold the left side of the foil over the top, and fold all the edges together several times to create a tight seal.
- Place on grill and cook, turning upside down every 6 to 7 minutes, until the loaf is cooked through and registers 150 F on an instant-read thermometer, about 40 minutes total.
- Let rest for 10 minutes before slicing. Tip: If you're grilling the main dish, select sides that can also be cooked outdoors so you don't have to run between stovetop and grill.

Nutrition Facts



Properties

Glycemic Index:61.69, Glycemic Load:10.09, Inflammation Score:-8, Nutrition Score:31.446956406469%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg

Nutrients (% of daily need)

Calories: 764.19kcal (38.21%), Fat: 52.67g (81.03%), Saturated Fat: 20.04g (125.22%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 26.18g (9.52%), Sugar: 6.44g (7.15%), Cholesterol: 190.04mg (63.35%), Sodium: 2338.3mg (101.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.83g (83.66%), Vitamin K: 74.58µg (71.02%), Vitamin B12: 4.09µg (68.1%), Selenium: 41.94µg (59.91%), Zinc: 8.93mg (59.54%), Phosphorus: 511.61mg (51.16%), Vitamin B3: 9.49mg (47.47%), Vitamin B6: 0.89mg (44.43%), Vitamin B2: 0.55mg (32.47%), Iron: 5.71mg (31.72%), Potassium: 1087.65mg (31.08%), Vitamin C: 25.01mg (30.31%), Calcium: 296.66mg (29.67%), Manganese: 0.41mg (20.65%), Vitamin B1: 0.3mg (20.24%), Vitamin E: 3.03mg (20.2%), Vitamin A: 995.92IU (19.92%), Magnesium: 73.75mg (18.44%), Copper: 0.33mg (16.4%), Folate: 65.36µg (16.34%), Fiber: 3.87g (15.49%), Vitamin B5: 1.5mg (14.99%), Vitamin D: 0.56µg (3.73%)