

 97%
HEALTH SCORE

Halloween Halfling Meatloaf

 Dairy Free  Very Healthy

READY IN



110 min.

SERVINGS



1

CALORIES



4771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 olives black halved
- ☐ 1 pound bulk pork sausage
- ☐ 3 tablespoons cajun spice
- ☐ 1 tablespoon corn kernels
- ☐ 2 eggs beaten
- ☐ 2 small slices bell pepper green
- ☐ 2 pounds ground beef chuck
- ☐ 2 cups catsup

- ☐ 1 large onion chopped
- ☐ 2 slices pickle
- ☐ 1 cup saltines crushed

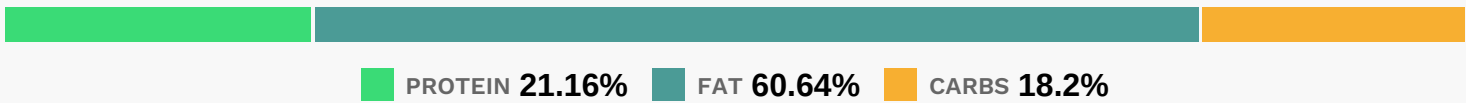
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix together the ground beef, sausage, onion, saltine cracker crumbs, beaten eggs, and cajun seasoning in a bowl until well combined. In a large baking dish, form the meat loaf mixture into a Halfling shape, with a large head, 2 stubby legs, and 2 upraised arms.
- ☐ Bake in the preheated oven until the meatloaf is no longer pink inside and just starting to turn brown, about 1 hour. An instant-read thermometer inserted into the center should read at least 165 degrees F (70 degrees C).
- ☐ To decorate the meatloaf's head, pick out about 14 corn kernels, and arrange them into teeth.
- ☐ Place 1 small green pepper slice on each side of the creature's head for ears; place two pickle slices on the face for eyes, then place 2 black olive halves, cut sides down, in the pickle slices to finish the eyes. One more olive half forms the nose. Surround the monster with a background of ketchup "blood," and bake until browned, about 10 more minutes.
- ☐ Let the meatloaf rest for 10 minutes before serving. Just before serving, stick a paring knife in the meatloaf's body, and decorate it with a little ketchup blood.

Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:86.643913103187%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.62mg, Quercetin: 34.62mg, Quercetin: 34.62mg, Quercetin: 34.62mg

Nutrients (% of daily need)

Calories: 4770.54kcal (238.53%), Fat: 322.88g (496.74%), Saturated Fat: 114.52g (715.76%), Carbohydrates: 218.14g (72.71%), Net Carbohydrates: 201.03g (73.1%), Sugar: 116.74g (129.71%), Cholesterol: 1298.05mg (432.68%), Sodium: 11372.57mg (494.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 253.5g (507%), Vitamin B12: 24.12µg (401.92%), Vitamin B3: 73.93mg (369.64%), Zinc: 51.76mg (345.05%), Vitamin B6: 6.04mg (301.75%), Vitamin A: 14253.35IU (285.07%), Phosphorus: 2582.86mg (258.29%), Selenium: 175.93µg (251.33%), Vitamin B2: 3.93mg (230.94%), Iron: 35.33mg (196.26%), Potassium: 6224.01mg (177.83%), Vitamin B1: 2.51mg (167.33%), Vitamin E: 20.31mg (135.39%), Vitamin K: 120.45µg (114.71%), Vitamin B5: 10.43mg (104.29%), Magnesium: 384.31mg (96.08%), Manganese: 1.89mg (94.61%), Copper: 1.73mg (86.54%), Folate: 316.02µg (79%), Fiber: 17.1g (68.42%), Calcium: 595.57mg (59.56%), Vitamin D: 8.56µg (57.09%), Vitamin C: 42.5mg (51.51%)