

Harlem Meatloaf

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup relish
- ☐ 1 large eggs lightly beaten
- ☐ 3 medium garlic clove finely chopped
- ☐ 1 pound ground beef (15 to 20 percent fat content)
- ☐ 8 ounces sausage sweet italian uncooked
- ☐ 0.8 cup catsup
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup parsley fresh italian finely chopped

- ☐ 3 teaspoons all the tabasco sauce you handle
- ☐ 0.5 cup sandwich bread white
- ☐ 1 tablespoon worcestershire sauce
- ☐ 0.8 cup onion yellow grated

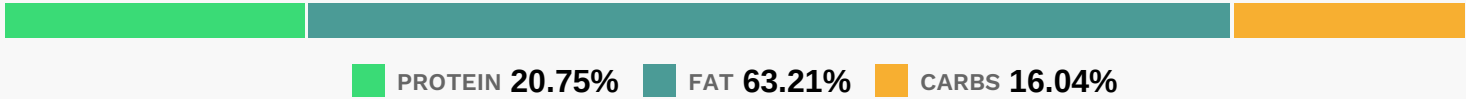
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 350°F and arrange a rack in the middle. Line a rimmed baking sheet with aluminum foil and set it aside.
- ☐ Whisk 1/4 cup of the ketchup, 2 teaspoons of the Worcestershire, and 1 teaspoon of the Tabasco in a small bowl until smooth; set aside.
- ☐ Whisk the remaining 1/2 cup of ketchup, 1 tablespoon of Worcestershire, and 2 teaspoons of Tabasco in a large bowl until smooth.
- ☐ Add the remaining ingredients. Using clean hands, mix until everything's just combined (don't squeeze or overwork the mixture).
- ☐ Transfer the mixture to the center of the prepared baking sheet. Using your hands, form it into a 7-by-4-inch loaf.
- ☐ Bake until the meatloaf is just starting to brown, about 35 minutes. Evenly spread all of the reserved ketchup mixture over the top and sides of the meatloaf. Continue baking until the glaze darkens slightly and an instant-read thermometer inserted into the center registers 160°F, about 20 to 25 minutes more.
- ☐ Transfer the baking sheet to a wire rack and let the meatloaf cool for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:1.98, Inflammation Score:-6, Nutrition Score:17.366086757701%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 398.84kcal (19.94%), Fat: 28.04g (43.14%), Saturated Fat: 10.38g (64.86%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 15.13g (5.5%), Sugar: 7.84g (8.71%), Cholesterol: 113.4mg (37.8%), Sodium: 1027.04mg (44.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.42%), Vitamin K: 84.48µg (80.45%), Selenium: 24.69µg (35.26%), Vitamin B12: 2.04µg (33.93%), Zinc: 4.16mg (27.75%), Vitamin B3: 5.21mg (26.06%), Vitamin B6: 0.47mg (23.72%), Phosphorus: 218.64mg (21.86%), Vitamin B1: 0.3mg (19.74%), Vitamin B2: 0.29mg (17.27%), Iron: 2.96mg (16.42%), Vitamin C: 12.55mg (15.21%), Potassium: 496.37mg (14.18%), Vitamin A: 643.13IU (12.86%), Vitamin B5: 0.79mg (7.91%), Magnesium: 31.34mg (7.83%), Folate: 30.99µg (7.75%), Copper: 0.15mg (7.35%), Manganese: 0.15mg (7.28%), Vitamin E: 0.89mg (5.94%), Calcium: 55.53mg (5.55%), Fiber: 0.87g (3.48%), Vitamin D: 0.24µg (1.62%)