



Hearty Country Meatloaf with Sour Cream Gravy

READY IN



110 min.

SERVINGS



8

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon
- 1 cup beef stock
- 2 tablespoons butter
- 0.5 teaspoon marjoram dried
- 2 eggs lightly beaten
- 2 tablespoons flour
- 8 servings parsley fresh chopped (to garnish)
- 2 cloves garlic minced

- 1 lb ground beef
- 1 lb ground pork
- 2 tablespoons catsup
- 1 cup milk
- 0.8 cup mushrooms chopped
- 1 small onion finely chopped
- 0.3 cup bacon
- 8 servings salt and pepper
- 1 cup cream sour
- 0.5 teaspoon thyme leaves
- 3 slices sandwich bread white
- 1 tablespoon worcestershire sauce

Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- broiler pan

Directions

- Tear the bread into small pieces and soak in a large mixing bowl with the milk while you prepare the rest of the loaf. Melt the butter in a small skillet and saute the mushrooms, onion and garlic until soft, about 3 minutes.
- Let cool.
- Mix the vegetables and meat into the bread mixture with your hands.
- Add the eggs, ketchup, Worcestershire sauce, marjoram, thyme, salt and pepper; mix by hand in a circular motion. Form into a free-form 9" x 5" loaf. Drape with the bacon and place on a greased rack in a broiler pan.

- Bake in a preheated 375 degree F oven for about 1 hour and 15 to 30 minutes, or until browned and meat is cooked through. Lift off the rack and keep warm while making the gravy.
- Pour 1/4 cup of the pan drippings into a small saucepan. Stir flour into the drippings until smooth. Cook, stirring, over medium heat 3 minutes. Gradually stir in the stock and bring to a boil. Reduce the heat and cook until thickened. Stir in the sour cream; heat through but do not boil. Season with salt and pepper.
- Transfer to a heated sauce boat and sprinkle with parsley.

Nutrition Facts

PROTEIN 21.26%

FAT 68.88%

CARBS 9.86%

Properties

Glycemic Index: 50.47, Glycemic Load: 5.23, Inflammation Score: -6, Nutrition Score: 20.510869575583%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 509.75kcal (25.49%), Fat: 38.77g (59.65%), Saturated Fat: 16.05g (100.33%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.8g (4.29%), Sugar: 4.76g (5.29%), Cholesterol: 159.09mg (53.03%), Sodium: 605.07mg (26.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.84%), Vitamin K: 67.7µg (64.47%), Selenium: 35.16µg (50.22%), Vitamin B1: 0.6mg (39.98%), Vitamin B3: 6.91mg (34.55%), Vitamin B12: 2.02µg (33.71%), Phosphorus: 327.73mg (32.77%), Zinc: 4.46mg (29.74%), Vitamin B2: 0.49mg (28.58%), Vitamin B6: 0.56mg (27.77%), Potassium: 610.95mg (17.46%), Iron: 2.84mg (15.78%), Vitamin A: 748.37IU (14.97%), Vitamin B5: 1.36mg (13.58%), Calcium: 127.71mg (12.77%), Magnesium: 40.33mg (10.08%), Folate: 38.12µg (9.53%), Vitamin C: 7.68mg (9.31%), Copper: 0.16mg (7.93%), Manganese: 0.13mg (6.5%), Vitamin E: 0.72mg (4.79%), Vitamin D: 0.68µg (4.52%), Fiber: 0.68g (2.74%)