



Hoisin-Glazed Meatloaf

 Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



990 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium carrots chopped
- ☐ 1 teaspoon basil dried
- ☐ 1 eggs
- ☐ 2 teaspoons garlic powder
- ☐ 2 pounds ground beef
- ☐ 0.3 cup hoisin sauce
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.3 cup catsup

- ☐ 1 teaspoons kosher salt
- ☐ 1 teaspoon ground mustard
- ☐ 1 teaspoon oregano dried
- ☐ 2.5 cups panko bread crumbs
- ☐ 1 pound ground sausage italian hot to taste (mild or ,)
- ☐ 1 teaspoon paprika smoked
- ☐ 1 medium onion yellow quartered

Equipment

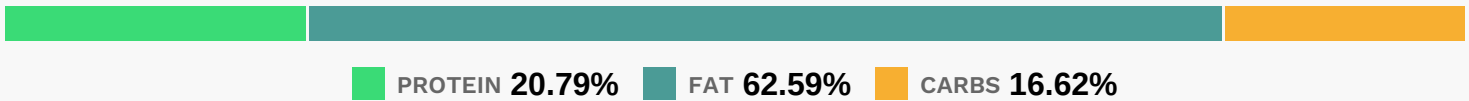
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 375°F. Line a rimmed baking sheet with foil, then coat with cooking spray.
- ☐ In a large bowl, combine the panko, garlic powder, basil, oregano, mustard powder, paprika, and salt. Set aside.
- ☐ In a food processor, combine the carrots, onion, and egg. Process until very finely chopped.
- ☐ Add to the breadcrumb mixture and mix well.
- ☐ Add the ground beef and sausage meat, then gently but thoroughly mix. The mixture will be solid and on the dry side.
- ☐ Divide the mixture in half and transfer one portion to one side of the prepared baking sheet. Form into a loaf about 8 inches long and 2 inches high.
- ☐ Repeat with the remaining half, forming it into a loaf next to the first, leaving several inches between them.
- ☐ In a small bowl, mix together the hoisin, ketchup, and hot sauce. Spoon over the top and sides of the meatloaves.
- ☐ Bake for 40 to 45 minutes, until the meatloaves reach 155°F at the center.

- ☐ One Dinner, Two Lunches
- ☐ MEATLOAF SLIDERSIf you can do it with burgers,you can do it withleftover meatloaf—sliders!Corn on thecob? Why not?Husk it, nuke it,then stand it upin a thermos.Pickledvegetablesmake an easy,tangy side.MEATLOAF TACOSCrumble warmed leftover meatloaf, then pop it in a thermos. Instant taco meat.Remember bagel chips? They're back. And they're delicious with cream cheese and strawberries.
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Nutrition Facts



Properties

Glycemic Index:25.37, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:36.026956122854%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 989.82kcal (49.49%), Fat: 68.09g (104.75%), Saturated Fat: 24.94g (155.85%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 37.18g (13.52%), Sugar: 12.52g (13.91%), Cholesterol: 231.05mg (77.02%), Sodium: 1953.61mg (84.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.88g (101.76%), Vitamin A: 4413.48IU (88.27%), Selenium: 61.72µg (88.17%), Vitamin B12: 4.89µg (81.53%), Vitamin B3: 13.42mg (67.11%), Zinc: 10.04mg (66.95%), Vitamin B1: 0.93mg (61.76%), Vitamin B6: 1.04mg (52.18%), Phosphorus: 519.18mg (51.92%), Vitamin B2: 0.68mg (40.06%), Iron: 7.08mg (39.31%), Potassium: 1004.68mg (28.71%), Manganese: 0.54mg (27.17%), Magnesium: 74.76mg (18.69%), Folate: 73.67µg (18.42%), Vitamin B5: 1.82mg (18.16%), Copper: 0.34mg (17.09%), Vitamin K: 15.43µg (14.69%), Calcium: 144.31mg (14.43%), Fiber: 3.51g (14.05%), Vitamin E: 1.55mg (10.34%), Vitamin C: 5.97mg (7.23%), Vitamin D: 0.36µg (2.38%)