



Hoisin-Glazed Meatloaf Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon minced
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 cup matchstick-size pieces carrots peeled
- ☐ 1 cup celery stalks minced
- ☐ 2 large eggs beaten to blend
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 " piece ginger minced peeled
- ☐ 1 garlic clove minced

- ☐ 7 garlic cloves minced
- ☐ 1 piece ginger minced peeled
- ☐ 1 pound ground beef
- ☐ 1 pound ground pork
- ☐ 0.8 cup hoisin sauce
- ☐ 1 pinch kosher salt
- ☐ 0.5 cup low-salt chicken broth
- ☐ 1.3 cups scallions separated thinly sliced (dark-green parts)
- ☐ 1 pinch sugar
- ☐ 0.8 cup unseasoned rice vinegar
- ☐ 4 teaspoons vegetable oil divided ()
- ☐ 12 slices sandwich bread white thick toasted
- ☐ 3 star anise whole chinese finely (2 teaspoons ground)

Equipment

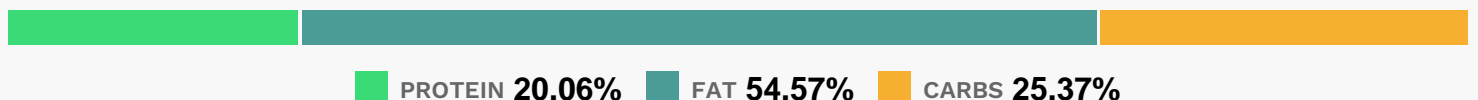
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan
- ☐ aluminum foil
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Bring all ingredients to a boil in a medium saucepan; reduce heat to low and cook, stirring often, until sauce thickens to a glaze, 8–10 minutes.

- ☐ Preheat oven to 375°F. Coat the bottom and sides of loaf pan with nonstick spray and set aside. In a large bowl, soak bread cubes in chicken broth, stirring frequently, until liquid is absorbed and bread is beginning to fall apart, 4–5 minutes. Cook bacon in a large heavy skillet over medium heat until fat is rendered and bacon is starting to crisp.
- ☐ Add scallions (white and pale-green parts only), celery, ginger, and garlic; cook, stirring often, until vegetables begin to soften, 3–4 minutes.
- ☐ Let cool in pan for 5 minutes.
- ☐ Combine scallion and bread mixture in a large bowl.
- ☐ Add 2 tablespoons hoisin glaze, remaining scallions (dark-green parts), beef, pork, and remaining 4 ingredients. Using your hands, work all ingredients together until very well incorporated and mixture is beginning to get sticky. Pack mixture into prepared pan, pressing to eliminate any air pockets and mounding in center. Cover with foil. Line a rimmed baking sheet with foil; place loaf pan on top.
- ☐ Bake meatloaf for 30 minutes. Uncover and spread 2 tablespoons hoisin glaze over top.
- ☐ Bake until an instant-read thermometer registers 165°F when inserted into center of meatloaf, about 1 hour longer.
- ☐ Let meatloaf rest for 20 minutes. Using flexible spatulas, transfer meatloaf to a platter or cutting board. DO AHEAD: Can be made 1 day ahead.
- ☐ Let cool, cover, and chill.
- ☐ Toss vegetables, next 3 ingredients, and 2 teaspoons oil in a medium bowl to coat. Cover and chill, tossing occasionally, for 1 hour or up to 1 day ahead.
- ☐ Cut meatloaf into 12 slices.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Working in batches and adding additional oil by teaspoonfuls as needed, fry meatloaf slices until browned in spots and heated through, about 2 minutes per side.
- ☐ Place toasts on plates; brush with hoisin glaze and top with a meatloaf slice.
- ☐ Drain salad, if using; mound on top of meatloaf, dividing equally.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:38.73, Glycemic Load:9.62, Inflammation Score:-8, Nutrition Score:16.37521739628%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 375.84kcal (18.79%), Fat: 22.44g (34.53%), Saturated Fat: 7.68g (47.99%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 21.52g (7.82%), Sugar: 7.09g (7.88%), Cholesterol: 90.41mg (30.14%), Sodium: 528.11mg (22.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.14%), Vitamin A: 2074.03IU (41.48%), Selenium: 25.63µg (36.61%), Vitamin K: 34.92µg (33.25%), Vitamin B1: 0.47mg (31.01%), Vitamin B3: 5.3mg (26.51%), Phosphorus: 206.63mg (20.66%), Zinc: 3.02mg (20.14%), Vitamin B12: 1.19µg (19.9%), Vitamin B6: 0.39mg (19.68%), Vitamin B2: 0.31mg (18.51%), Manganese: 0.32mg (16.08%), Iron: 2.67mg (14.82%), Folate: 53.39µg (13.35%), Potassium: 407.35mg (11.64%), Calcium: 98.67mg (9.87%), Vitamin B5: 0.84mg (8.41%), Magnesium: 33.11mg (8.28%), Fiber: 1.96g (7.84%), Copper: 0.14mg (7.06%), Vitamin C: 4.41mg (5.34%), Vitamin E: 0.69mg (4.63%), Vitamin D: 0.23µg (1.56%)