



## How to Make Classic Meatloaf

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup bread crumbs plain
- ☐ 2 tablespoons brown sugar
- ☐ 1 carrots coarsely chopped
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 rib celery coarsely chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 1 eggs beaten
- ☐ 3 cloves garlic coarsely chopped

- ☐ 2.5 pounds ground beef
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon herbs dried italian
- ☐ 2 tablespoons catsup
- ☐ 1 teaspoon olive oil
- ☐ 0.5 onion coarsely chopped
- ☐ 8 servings pepper sauce hot to taste
- ☐ 0.5 bell pepper red coarsely chopped
- ☐ 2 teaspoons salt
- ☐ 4 mushrooms white coarsely chopped
- ☐ 1 tablespoon worcestershire sauce

## Equipment

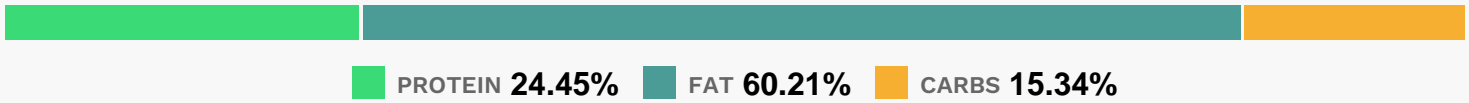
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen thermometer

## Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Place the carrot, celery, onion, red bell pepper, mushrooms, and garlic in a food processor, and pulse until very finely chopped, almost to a puree.
- ☐ Place the minced vegetables into a large mixing bowl, and mix in ground chuck, Worcestershire sauce, and egg.
- ☐ Add Italian herbs, salt, black pepper, and cayenne pepper.
- ☐ Mix gently with a wooden spoon to incorporate vegetables and egg into the meat.

- ☐ Pour in bread crumbs. With your hand, gently mix in the crumbs with your fingertips just until combined, about 1 minute.
- ☐ Form the meatloaf into a ball.
- ☐ Pour olive oil into a baking dish and place the ball of meat into the dish. Shape the ball into a loaf, about 4 inches high by 6 inches long.
- ☐ Bake in the preheated oven just until the meatloaf is hot, about 15 minutes.
- ☐ Meanwhile, in a small bowl, mix together brown sugar, ketchup, Dijon mustard, and hot sauce. Stir until the brown sugar has dissolved.
- ☐ Remove the meatloaf from the oven. With the back of a spoon, smooth the glaze onto the top of the meatloaf, then pull a little bit of glaze down the sides of the meatloaf with the back of the spoon.
- ☐ Return meatloaf to oven, and bake until the loaf is no longer pink inside and the glaze has baked onto the loaf, 30 to 35 more minutes. An instant-read thermometer inserted into the thickest part of the loaf should read at least 160 degrees F (70 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:37.6, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:18.991304231727%

## Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 458.85kcal (22.94%), Fat: 30.35g (46.7%), Saturated Fat: 11.32g (70.74%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 15.73g (5.72%), Sugar: 6.1g (6.78%), Cholesterol: 121.1mg (40.37%), Sodium: 900.03mg (39.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.47%), Vitamin B12: 3.13µg (52.23%), Zinc: 6.36mg (42.41%), Selenium: 28.9µg (41.28%), Vitamin B3: 7.55mg (37.75%), Vitamin A: 1640.46IU (32.81%), Vitamin B6: 0.57mg (28.41%), Phosphorus: 282.81mg (28.28%), Iron: 3.99mg (22.15%), Vitamin B2: 0.36mg (21.22%), Potassium: 562.62mg (16.07%), Vitamin B1: 0.23mg (15.16%), Vitamin C: 11.82mg (14.32%), Manganese: 0.27mg (13.31%), Vitamin B5: 1.11mg (11.15%), Magnesium: 38.93mg (9.73%), Folate: 38.24µg (9.56%), Copper: 0.19mg (9.33%), Vitamin K:

8.9μg (8.48%), Calcium: 75.6mg (7.56%), Vitamin E: 1.06mg (7.08%), Fiber: 1.67g (6.7%), Vitamin D: 0.27μg (1.81%)