






Irish Meatloaf with Cabbage Cream Sauce

 Very Healthy

READY IN

135 min.

SERVINGS

8

CALORIES

2238 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.3 pound butter
- 2 tablespoons canola oil
- 8 servings celery stalks for cooking
- 2 cups irish cheddar shredded
- 1 tablespoon curry
- 1 tablespoon basil dried
- 6 eggs
- 2 tablespoon garlic chopped

- 2 tablespoons granulated onion
- 0.5 head cabbage shredded green
- 5 pounds ground beef
- 2 pounds lamb
- 6 cups heavy cream
- 1 pound irish pudding diced white
- 2 tablespoons steak seasoning
- 8 servings cabbage leaves for cooking
- 1 onion diced fine
- 1 tablespoon oregano dried
- 6 cups panko breadcrumbs
- 2 tablespoons pepper
- 1 tablespoon salt
- 8 servings salt and pepper
- 2 cups cooking sherry

Equipment

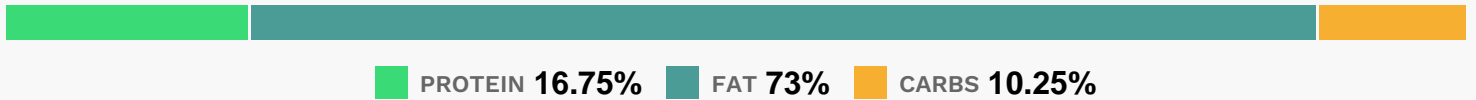
- baking sheet
- oven
- pot
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Mix together the ground beef, lamb, white pudding, Cheddar, Montreal seasoning, granulated onion, pepper, basil, curry, oregano, salt, eggs and onions until well mixed.
- Add the breadcrumbs and mix well.
- Let stand for 5 to 10 minutes. Shape into a log.

- On a baking sheet, put some large cabbage leaves down for the meatloaf to cook on.
- Place some celery sticks on top of the meatloaf (to keep the aluminum foil off of the top of the meatloaf), cover with foil and bake for 45 minutes.
- Remove the foil and continue to bake to let it crisp up, about 15 minutes.
- Slice and serve with the Cabbage Cream Sauce on the side.
- Heat a medium pot and add the oil. Brown the garlic, and then add the cabbage and saute until translucent. Deglaze the pot with the sherry, and then simmer until reduced by about half.
- Add the heavy cream and reduce by half again.
- Add salt and pepper to taste. Fold in the butter and serve hot.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:63.846956418908%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 2237.54kcal (111.88%), Fat: 178.28g (274.27%), Saturated Fat: 89.05g (556.54%), Carbohydrates: 56.33g (18.78%), Net Carbohydrates: 50.38g (18.32%), Sugar: 11.81g (13.12%), Cholesterol: 667.25mg (222.42%), Sodium: 2078.8mg (90.38%), Alcohol: 6.18g (100%), Alcohol %: 0.87% (100%), Protein: 92.01g (184.03%), Vitamin B12: 9.75µg (162.44%), Selenium: 100.37µg (143.38%), Zinc: 19.81mg (132.06%), Phosphorus: 1138.64mg (113.86%), Vitamin B3: 22.59mg (112.95%), Vitamin B2: 1.78mg (104.42%), Iron: 17.25mg (95.86%), Vitamin K: 92.94µg (88.51%), Vitamin B6: 1.49mg (74.59%), Vitamin A: 3626.36IU (72.53%), Manganese: 1.3mg (65%), Folate: 256.37µg (64.09%), Calcium: 616.57mg (61.66%), Magnesium: 226.25mg (56.56%), Vitamin B1: 0.81mg (54.15%), Potassium: 1630.35mg (46.58%), Vitamin B5: 3.83mg (38.25%), Vitamin E: 5.52mg (36.8%), Vitamin C: 26.12mg (31.66%), Copper: 0.62mg (31.24%),

Vitamin D: 4.08μg (27.22%), Fiber: 5.95g (23.78%)