



HEALTH SCORE

57%

Italian Meatloaf

READY IN



75 min.

SERVINGS



4

CALORIES



1471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 cup basil leaves chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups breadcrumbs
- ☐ 4 eggs
- ☐ 6 cloves garlic chopped
- ☐ 3 pounds ground beef
- ☐ 1 cup tomatoes
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 2 medium onions diced
- ☐ 2 cups parmesan grated
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 2 small pasilla peppers diced red seeded
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons worcestershire sauce

Equipment

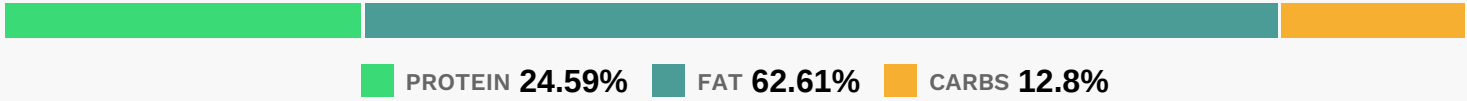
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Heat 1/4 cup of the olive oil in a medium saute pan over medium heat and add the garlic.
- ☐ Saute 1 minute and then add the peppers and onions and saute until just soft.
- ☐ Let cool.
- ☐ Whisk together the basil, parsley and eggs in a small bowl, and then add the salt and black pepper.
- ☐ Combine the Parmesan and breadcrumbs in another small bowl. Thoroughly combine the meat, herbs and eggs, Parmesan and breadcrumbs, the Worcestershire, vinegar and remaining 2 tablespoons olive oil together in a large bowl using your hands, making sure not to overmix.
- ☐ Pack the meat mixture into an oiled loaf pan, if you do not have a loaf pan, form the meat mixture into a loaf shape on an oiled oven tray or baking dish. Top with the marinara making sure to spread evenly over the top.

- ☐
- Bake for approximately 50 to 60 minutes or until an instant-read thermometer registers 160 degrees F in the middle of the meatloaf.
- ☐
- Remove from the oven and let rest for 5 minutes. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:86.25, Glycemic Load:4.26, Inflammation Score:-9, Nutrition Score:55.754347469496%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 1470.98kcal (73.55%), Fat: 101.2g (155.69%), Saturated Fat: 38.12g (238.23%), Carbohydrates: 46.55g (15.52%), Net Carbohydrates: 41.82g (15.21%), Sugar: 11.26g (12.51%), Cholesterol: 439.22mg (146.41%), Sodium: 2377.91mg (103.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 89.45g (178.9%), Vitamin B12: 8.41µg (140.23%), Selenium: 87.38µg (124.83%), Zinc: 17.2mg (114.64%), Phosphorus: 1097.3mg (109.73%), Vitamin B3: 18.42mg (92.08%), Calcium: 804.88mg (80.49%), Vitamin B6: 1.56mg (78.24%), Vitamin C: 61.43mg (74.46%), Vitamin B2: 1.14mg (67.09%), Vitamin K: 67.47µg (64.26%), Iron: 11.51mg (63.93%), Vitamin A: 2388.1IU (47.76%), Potassium: 1563.42mg (44.67%), Vitamin B1: 0.65mg (43.53%), Manganese: 0.76mg (38.16%), Vitamin E: 5.47mg (36.49%), Folate: 130.25µg (32.56%), Vitamin B5: 3.25mg (32.51%), Magnesium: 128.21mg (32.05%), Copper: 0.51mg (25.37%), Fiber: 4.72g (18.9%), Vitamin D: 1.47µg (9.8%)