



 **19%**
HEALTH SCORE

Italian Meatloaf with Hard Boiled Eggs

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



861 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon chopped
- 8 servings pepper black freshly ground
- 0.3 cup butter
- 2 carrots finely chopped
- 2 stalks celery finely sliced
- 1 sprig rosemary leaves fresh
- 10 sage fresh
- 3 cloves garlic crushed

- 1.5 pounds ground beef
- 1 pound ground pork
- 1 pound ground veal
- 1 pound ground veal
- 2 tablespoons olive oil
- 2.5 teaspoons sea salt
- 7 oz sandwich bread white
- 1 large onion white finely chopped
- 6 hardboiled eggs whole peeled
- 7 ounces plum brandy

Equipment

- bowl
- frying pan
- sauce pan
- oven
- loaf pan
- aluminum foil

Directions

- Preheat the oven to 425F.
- Heat butter and olive oil in a saucepan and saute the onion, garlic, celery, carrots and herbs until lightly golden.
- Add the vin santo or Marsala and bring to a boil. Boil for about 2 minutes, then remove from heat.
- Place the meats, salt and pepper in a large bowl and mix together, then add the vegetables. Squeeze the bread of excess milk and break it into the mixture.
- Add the 2 raw eggs. Using your hands, combine mixture well. Line a large rectangular terrine, casserole, or loaf pan (about 14 inches long) with foil and brush with oil.

- Place half of the meat mixture in the pan and press down evenly. Arrange the hard boiled eggs in a line down the center, then cover with the remaining meat mixture. Press the mixture down well.
- Bake the loaf on the bottom shelf of the oven for about 50 minutes; it should be lightly browned on top. Turn onto a serving dish. It is delicious served hot or cold.

Nutrition Facts

PROTEIN 27.21% **FAT 62.92%** **CARBS 9.87%**

Properties

Glycemic Index:30.33, Glycemic Load:9.73, Inflammation Score:-9, Nutrition Score:34.330434782609%

Flavonoids

Petunidin: 1.64mg, Petunidin: 1.64mg, Petunidin: 1.64mg, Petunidin: 1.64mg Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg Malvidin: 23.52mg, Malvidin: 23.52mg, Malvidin: 23.52mg, Malvidin: 23.52mg Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 861.14kcal (43.06%), Fat: 57.41g (88.33%), Saturated Fat: 19.46g (121.65%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 18.72g (6.81%), Sugar: 5.34g (5.93%), Cholesterol: 344.96mg (114.99%), Sodium: 1271.17mg (55.27%), Alcohol: 3.8g (21.08%), Protein: 55.87g (111.74%), Vitamin B3: 16.7mg (83.48%), Selenium: 56.95µg (81.36%), Vitamin B12: 4.24µg (70.71%), Zinc: 9.2mg (61.3%), Vitamin A: 3053.02IU (61.06%), Phosphorus: 599.03mg (59.9%), Vitamin B6: 1.13mg (56.74%), Vitamin B1: 0.77mg (51.12%), Vitamin B2: 0.86mg (50.52%), Vitamin B5: 3.15mg (31.51%), Potassium: 992.8mg (28.37%), Iron: 4.66mg (25.91%), Copper: 0.43mg (21.57%), Folate: 77.76µg (19.44%), Magnesium: 72.69mg (18.17%), Manganese: 0.33mg (16.44%), Vitamin E: 2.01mg (13.42%), Calcium: 132.97mg (13.3%), Vitamin K: 9µg (8.57%), Vitamin D: 0.98µg (6.51%), Fiber: 1.53g (6.12%), Vitamin C: 3.36mg (4.08%)