



Italian Stuffed Meatloaf

READY IN



80 min.

SERVINGS



10

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon
- ☐ 1 tablespoon pepper black
- ☐ 1 cup bread crumbs up
- ☐ 8 slices cheddar
- ☐ 2 eggs
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 2 cloves garlic minced pressed
- ☐ 2 pounds ground beef
- ☐ 8 slices baked ham

- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 0.5 cup catsup
- ☐ 1 cup milk
- ☐ 1 onion diced
- ☐ 1 cup parmesan grated
- ☐ 0.3 cup worcestershire sauce

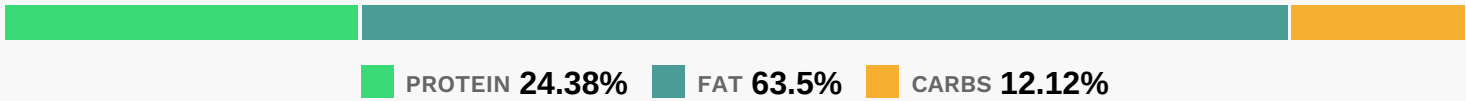
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a large mixing bowl, combine ground beef, eggs, breadcrumbs, Parmesan cheese, herbs, garlic, onion, ketchup, Worcestershire.
- ☐ Mix well, gradually adding the milk (if it seems too moist, add bread crumbs until it is a consistency that will form a loaf without flattening. Spray a large baking or roasting pan with a non-stick spray and press the meatloaf out.
- ☐ Layer cheese slices and ham, covering the center line of the meatloaf, then close it together and tuck in the ends, forming a loaf which is oblong. Criss-cross the bacon strips to cover the loaf.
- ☐ Bake for 35 to 45 minutes or until the meat thermometer registers 160 degrees F.
- ☐ Let rest 15 minutes, then cut and serve. Gravy is optional.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:19.72130404348%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 548.65kcal (27.43%), Fat: 38.36g (59.01%), Saturated Fat: 15.78g (98.6%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 15.36g (5.58%), Sugar: 5.75g (6.39%), Cholesterol: 145.98mg (48.66%), Sodium: 992.6mg (43.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.28%), Selenium: 34.53µg (49.32%), Vitamin B12: 2.68µg (44.75%), Phosphorus: 421.7mg (42.17%), Zinc: 5.75mg (38.35%), Vitamin B3: 6.6mg (33.01%), Calcium: 312.55mg (31.26%), Vitamin B6: 0.53mg (26.68%), Vitamin B2: 0.45mg (26.21%), Vitamin B1: 0.37mg (24.42%), Iron: 3.54mg (19.66%), Vitamin K: 20.64µg (19.65%), Potassium: 559.33mg (15.98%), Manganese: 0.26mg (12.95%), Magnesium: 44.97mg (11.24%), Vitamin B5: 1.08mg (10.81%), Vitamin A: 454.38IU (9.09%), Copper: 0.17mg (8.28%), Folate: 32.51µg (8.13%), Vitamin E: 1.05mg (7.02%), Vitamin D: 0.89µg (5.96%), Fiber: 1.11g (4.45%), Vitamin C: 3.46mg (4.2%)