



Judy's Meatloaf

READY IN



75 min.

SERVINGS



6

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 cup breadcrumbs
- 4 tablespoons butter
- 0.5 teaspoon ground pepper
- 1 cup celery chopped
- 0.5 teaspoon cumin
- 2 eggs lightly beaten
- 0.5 cup evaporated milk
- 2 teaspoons garlic minced

- 0.3 cup spring onion thinly sliced
- 0.5 cup bell pepper green chopped
- 1.5 lbs ground beef
- 0.5 lb ground pork
- 0.5 cup catsup
- 0.5 teaspoon nutmeg
- 0.8 cup onion chopped
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 teaspoon all the tabasco sauce you handle
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 350F. In a small bowl mix together all the season mix ingredients. In a sauce pan melt the butter and add onion, celery green peppers, green onions, garlic, Tabasco, Worcestershire and season mix.
- Saute until mix starts to stick to the pan, about 5 minutes. Then add evaporated milk and ketchup. Cook a few minutes and allow to cool to room temperature.
- Remove bay leaves. Mean while, mix together ground beef, with ground pork, eggs and breadcrumbs. When veggie mix reaches room temperature mix it into the the ground beef mixture.
- Bake in a 9x13 inch pan at 350 degrees for 25 minutes. Raise heat to 400 degrees and cook an additional 35 minutes or until done.

Nutrition Facts

PROTEIN 21.21% FAT 62.3% CARBS 16.49%

Properties

Glycemic Index:53.33, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:22.778260749319%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 615.88kcal (30.79%), Fat: 42.44g (65.29%), Saturated Fat: 18.2g (113.73%), Carbohydrates: 25.28g (8.43%), Net Carbohydrates: 23.27g (8.46%), Sugar: 9.39g (10.43%), Cholesterol: 188.44mg (62.81%), Sodium: 971.34mg (42.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.5g (65%), Selenium: 36.46µg (52.08%), Vitamin B12: 2.93µg (48.91%), Zinc: 6.35mg (42.36%), Vitamin B3: 8.18mg (40.92%), Phosphorus: 373.54mg (37.35%), Vitamin B1: 0.55mg (36.45%), Vitamin B6: 0.69mg (34.35%), Vitamin B2: 0.53mg (31.12%), Iron: 4.3mg (23.88%), Potassium: 737.69mg (21.08%), Vitamin K: 19.96µg (19.01%), Vitamin C: 15.59mg (18.9%), Manganese: 0.35mg (17.38%), Calcium: 151.48mg (15.15%), Vitamin A: 710.27IU (14.21%), Vitamin B5: 1.39mg (13.92%), Folate: 54.24µg (13.56%), Magnesium: 52.15mg (13.04%), Copper: 0.21mg (10.29%), Vitamin E: 1.36mg (9.04%), Fiber: 2.01g (8.05%), Vitamin D: 0.43µg (2.85%)