



Lamb and Veal Meatloaf: Polpettone

READY IN



110 min.

SERVINGS



6

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 1 egg plus yolk beaten
- ☐ 6 servings flour all-purpose
- ☐ 2 cloves garlic finely chopped
- ☐ 1 pound lamb
- ☐ 1 pound ground veal
- ☐ 1 optional: lemon finely chopped
- ☐ 6 servings several gratings of nutmeg fresh
- ☐ 1 cup olive oil extra-virgin

- ☐ 0.5 bunch parsley italian finely chopped
- ☐ 0.5 cup pecorino cheese freshly grated
- ☐ 1 pinch pepper flakes red crushed
- ☐ 6 servings salt and pepper
- ☐ 4 sprigs thyme leaves finely chopped

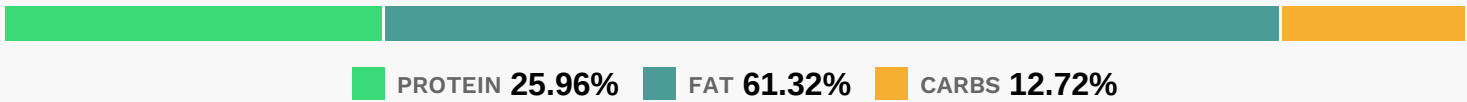
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In a large bowl, combine the lamb and the veal, red pepper flakes, cheese, parsley, thyme, garlic, nutmeg, egg, and bread crumbs, season with salt and pepper, and mix well to make a homogenous mixture. Form the mixture into a loaf and dust the entire surface with all-purpose flour.
- ☐ In a Dutch oven, heat the olive oil over medium heat and add the loaf. Brown on all sides in the oil and cook over low for 90 minutes. Slice and serve with lemon alongside.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:5.09, Inflammation Score:-8, Nutrition Score:23.836956640948%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.28mg, Apigenin: 10.28mg, Apigenin: 10.28mg, Apigenin: 10.28mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 510.1kcal (25.5%), Fat: 34.44g (52.99%), Saturated Fat: 13.18g (82.35%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 14.27g (5.19%), Sugar: 1.73g (1.92%), Cholesterol: 158.24mg (52.75%), Sodium: 471.84mg (20.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.81g (65.62%), Vitamin K: 85.81µg (81.73%), Vitamin B3: 11.35mg (56.75%), Vitamin B12: 2.94µg (49.04%), Selenium: 28.29µg (40.41%), Phosphorus: 382.32mg (38.23%), Zinc: 5.49mg (36.58%), Vitamin B2: 0.5mg (29.22%), Vitamin B6: 0.48mg (23.85%), Vitamin B1: 0.32mg (21.23%), Vitamin C: 17.3mg (20.97%), Iron: 3.37mg (18.72%), Vitamin B5: 1.75mg (17.51%), Folate: 62.81µg (15.7%), Calcium: 153.24mg (15.32%), Potassium: 508.73mg (14.54%), Manganese: 0.27mg (13.63%), Magnesium: 51.93mg (12.98%), Copper: 0.24mg (11.93%), Vitamin E: 1.56mg (10.42%), Vitamin A: 520.69IU (10.41%), Fiber: 1.8g (7.22%), Vitamin D: 0.28µg (1.86%)