



Lebanese Meat Loaf

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings peppercorns black
- 1 cup bulgur wheat
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 1 pound ground beef 7% lean (fat or less)
- 2 cups onions coarsely chopped
- 0.3 cup parsley chopped
- 0.5 teaspoon pepper
- 1 cup nonfat yogurt plain

1 teaspoon salt

Equipment

food processor

oven

sieve

Directions

Place bulgur in a fine strainer and rinse thoroughly with cool water.

In a food processor, finely chop the onions.

Add beef, 1/2 cup water, pepper, cumin, cinnamon, and 1 teaspoon salt. Whirl until mixture is a smooth paste.

Add bulgur and 1/4 cup parsley; whirl just to mix.

Pat meat mixture evenly into a shallow 1- to 1 1/2-quart casserole.

Cut through meat mixture to make diamonds 2 to 3 inches wide.

Place a peppercorn in the center of each diamond.

Bake, uncovered, in a 425 oven until meat is no longer pink in center (cut to test), about 25 minutes.

Sprinkle with remaining parsley and add salt to taste.

To serve, cut diamonds apart and accompany with yogurt.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:11.33, Inflammation Score:-8, Nutrition Score:27.733043328575%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg

Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg

Nutrients (% of daily need)

Calories: 347.85kcal (17.39%), Fat: 6.46g (9.95%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 31.75g (11.55%), Sugar: 8.3g (9.22%), Cholesterol: 71.53mg (23.84%), Sodium: 716.02mg (31.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.3g (66.61%), Vitamin K: 85.59µg (81.51%), Manganese: 1.41mg (70.27%), Vitamin B12: 2.91µg (48.56%), Zinc: 7.26mg (48.43%), Phosphorus: 455.17mg (45.52%), Vitamin B3: 8.28mg (41.42%), Vitamin B6: 0.7mg (35.12%), Fiber: 8.41g (33.62%), Selenium: 23.23µg (33.19%), Magnesium: 107.7mg (26.93%), Potassium: 858.82mg (24.54%), Iron: 4.41mg (24.48%), Vitamin B2: 0.4mg (23.28%), Calcium: 180.37mg (18.04%), Vitamin B5: 1.62mg (16.23%), Vitamin C: 13.15mg (15.94%), Copper: 0.27mg (13.62%), Vitamin B1: 0.2mg (13.41%), Folate: 45.52µg (11.38%), Vitamin A: 440.99IU (8.82%), Vitamin E: 0.42mg (2.79%)