



Meat Loaf

READY IN



10 min.

SERVINGS



8

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large celery stalk chopped
- ☐ 1 cup bread crumbs dry
- ☐ 2 eggs
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 jalapeno with seeds chopped
- ☐ 2 teaspoons kosher salt
- ☐ 2 pounds meat-loaf mix lean (1 pound ground beef,)

- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 4 strips thick- bacon
- ☐ 0.5 cup tomato sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 350 F. In a medium skillet, over medium heat, heat the oil with the onion, celery, garlic, and jalapeo and cook until the vegetables are tender but not browned, about 10 minutes.
- ☐ Add the salt, cumin, and nutmeg.
- ☐ Remove from heat. In a large bowl, whisk the eggs, then blend in the milk, tomato sauce, and bread crumbs.
- ☐ Add the meat and cooked vegetables and stir or work with your hands to combine. Pat into a 9-by-5-inch loaf pan.
- ☐ Cut the bacon strips in half and lay over the loaf, tucking the ends in.
- ☐ Bake 1 hour and 15 minutes or until an instant-read thermometer inserted in the meat loaf registers 150 F.
- ☐ Remove from oven and pour off the fat.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



 **PROTEIN 37.37%**  **FAT 46.43%**  **CARBS 16.2%**

Properties

Glycemic Index:34.88, Glycemic Load:0.92, Inflammation Score:-4, Nutrition Score:17.12000009288%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 335.76kcal (16.79%), Fat: 16.93g (26.05%), Saturated Fat: 6.01g (37.56%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 12.13g (4.41%), Sugar: 2.85g (3.16%), Cholesterol: 124.94mg (41.65%), Sodium: 969.57mg (42.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.33%), Vitamin B12: 2.86µg (47.63%), Selenium: 30.7µg (43.86%), Zinc: 6.46mg (43.08%), Vitamin B3: 8.08mg (40.39%), Phosphorus: 320.51mg (32.05%), Vitamin B6: 0.59mg (29.29%), Iron: 3.91mg (21.73%), Vitamin B2: 0.34mg (19.96%), Vitamin B1: 0.25mg (16.86%), Potassium: 569.3mg (16.27%), Vitamin B5: 1.2mg (12.03%), Magnesium: 40.83mg (10.21%), Manganese: 0.2mg (9.87%), Copper: 0.17mg (8.29%), Folate: 30.01µg (7.5%), Vitamin E: 1.07mg (7.15%), Calcium: 69.46mg (6.95%), Vitamin C: 4.43mg (5.36%), Fiber: 1.17g (4.68%), Vitamin D: 0.57µg (3.82%), Vitamin A: 180.17IU (3.6%), Vitamin K: 3.34µg (3.18%)