



Meat Loaf Bolognese

READY IN



60 min.

SERVINGS



6

CALORIES



293 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.5 cup carrots finely chopped
- ☐ 4 ounces crimini mushrooms finely chopped
- ☐ 1 large eggs lightly beaten
- ☐ 4 teaspoons flour all-purpose
- ☐ 1 ounce bread french
- ☐ 0.3 pound ground pork lean

- ☐ 0.3 pound ground sirloin
- ☐ 0.3 pound ground veal
- ☐ 2 tablespoons half and half
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 1 cup beef broth fat-free
- ☐ 2 ounces pancetta chopped
- ☐ 0.3 cup red wine fruity
- ☐ 1 Dash salt
- ☐ 0.5 cup shallots finely chopped
- ☐ 2 tablespoons shallots minced
- ☐ 1 tablespoon tomato paste

Equipment

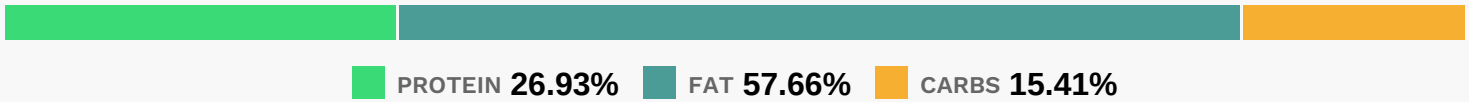
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 3/4 cup. Arrange breadcrumbs on a baking sheet; bake at 350 for 8 minutes.
- ☐ Heat a small skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pancetta; saut for 2 minutes.

- ☐ Add 1/2 cup shallots and carrot; saut 8 minutes, stirring occasionally.
- ☐ Add tomato paste; cook 1 minute.
- ☐ Add wine; cook 2 minutes or until liquid almost evaporates, scraping pan to loosen browned bits.
- ☐ Remove pan from heat; cool 5 minutes.
- ☐ Combine the breadcrumbs, pancetta mixture, milk, and next 6 ingredients (through veal) in a large bowl; gently mix until just combined.
- ☐ Transfer mixture to a 9 x 5-inch loaf pan coated with cooking spray; do not pack.
- ☐ Bake at 350 for 40 minutes or until a thermometer registers 16
- ☐ Let stand 10 minutes; cut into 6 slices.
- ☐ To prepare sauce, melt butter in a medium saucepan over medium-high heat.
- ☐ Add cremini mushrooms and 2 tablespoons shallots; saut for 6 minutes, stirring occasionally.
- ☐ Add flour, and cook for 1 minute.
- ☐ Add 1 cup beef broth; cook for 2 minutes, stirring frequently. Stir in half-and-half, 1/4 teaspoon black pepper, and dash of salt. Cook for 30 seconds.
- ☐ Serve with meat loaf.

Nutrition Facts



Properties

Glycemic Index:72.72, Glycemic Load:4.15, Inflammation Score:-8, Nutrition Score:14.717391340629%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 292.91kcal (14.65%), Fat: 18.25g (28.07%), Saturated Fat: 7.4g (46.25%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 9.51g (3.46%), Sugar: 3.99g (4.43%), Cholesterol: 100.73mg (33.58%), Sodium: 483.3mg (21.01%), Alcohol: 1.06g (100%), Alcohol %: 0.6% (100%), Protein: 19.17g (38.34%), Vitamin A: 1961.43IU (39.23%), Selenium: 24.29µg (34.7%), Vitamin B3: 5.84mg (29.2%), Phosphorus: 234.36mg (23.44%), Vitamin B6: 0.47mg (23.27%), Vitamin B1: 0.34mg (22.35%), Vitamin B2: 0.38mg (22.22%), Vitamin B12: 1.27µg (21.11%), Zinc: 3.16mg (21.07%), Potassium: 603.02mg (17.23%), Vitamin B5: 1.28mg (12.8%), Iron: 1.93mg (10.72%), Manganese: 0.21mg (10.69%), Copper: 0.21mg (10.48%), Folate: 33.98µg (8.49%), Magnesium: 31.51mg (7.88%), Fiber: 1.46g (5.85%), Calcium: 55.04mg (5.5%), Vitamin C: 3.3mg (4%), Vitamin E: 0.57mg (3.77%), Vitamin K: 2.98µg (2.84%), Vitamin D: 0.25µg (1.66%)