



Meat Loaf with Sauteed Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 14.5 ounce canned tomatoes with added puree crushed canned
- ☐ 0.5 cup celery leaves chopped
- ☐ 1 cup saltine cracker crumbs crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 large eggs
- ☐ 2 garlic cloves minced
- ☐ 0.8 teaspoon ground pepper black

- ☐ 1 pound ground pork
- ☐ 1 pound ground beef lean
- ☐ 1 pound mushrooms sliced
- ☐ 5 tablespoons olive oil
- ☐ 3 large onions coarsely chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon sugar

Equipment

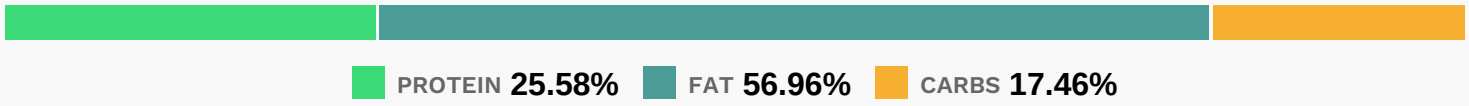
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350°F. Oil 13x9x2-inch roasting pan.
- ☐ Heat 2 tablespoons oil in large nonstick skillet over medium-high heat.
- ☐ Add onions and sugar; sauté until onions are deep golden brown, about 15 minutes. Stir in oregano and garlic.
- ☐ Add vinegar; cook until evaporated, about 2 minutes.
- ☐ Transfer to large bowl and cool.
- ☐ Add ground beef, pork, 1 cup crushed tomatoes and next 6 ingredients to onions.
- ☐ Mix with fork until just blended. Form meat mixture into 10-by-5-inch loaf shape in prepared pan.
- ☐ Bake 45 minutes.
- ☐ Spread remaining crushed tomatoes over meat loaf.
- ☐ Drizzle with 1 tablespoon oil.

- ☐
- Bake until thermometer inserted into center registers 155°F, about 1 hour. Cool 15 minutes.
- ☐
- Meanwhile, heat 2 tablespoons oil in large skillet over medium-high heat.
- ☐
- Add mushrooms; sauté until tender, about 12 minutes. Season to taste with salt and pepper.
- ☐
- Cut meat loaf into thick slices. Spoon mushrooms and pan juices over.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:5.19, Inflammation Score:-8, Nutrition Score:29.407391361568%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.32mg, Quercetin: 15.32mg, Quercetin: 15.32mg, Quercetin: 15.32mg

Nutrients (% of daily need)

Calories: 571.75kcal (28.59%), Fat: 35.98g (55.35%), Saturated Fat: 10.45g (65.29%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 20.57g (7.48%), Sugar: 11g (12.22%), Cholesterol: 163.3mg (54.43%), Sodium: 900.09mg (39.13%), Alcohol: 1.03g (100%), Alcohol %: 0.29% (100%), Protein: 36.35g (72.69%), Selenium: 45.44µg (64.92%), Vitamin B3: 11.7mg (58.51%), Vitamin B1: 0.79mg (52.7%), Vitamin B6: 0.93mg (46.56%), Phosphorus: 461.21mg (46.12%), Vitamin B2: 0.78mg (45.88%), Zinc: 6.57mg (43.79%), Vitamin B12: 2.4µg (40.02%), Potassium: 1145.72mg (32.73%), Iron: 5.07mg (28.19%), Vitamin B5: 2.77mg (27.66%), Copper: 0.53mg (26.54%), Vitamin K: 26.62µg (25.35%), Manganese: 0.47mg (23.58%), Vitamin E: 3.47mg (23.15%), Vitamin C: 14.91mg (18.07%), Magnesium: 69.06mg (17.27%), Fiber: 4.25g (16.98%), Folate: 67.45µg (16.86%), Calcium: 108.48mg (10.85%), Vitamin A: 345.41IU (6.91%), Vitamin D: 0.56µg (3.73%)