

food
network



HEALTH SCORE

55%

Meatball Meat Loaves with Spinach-Parm Mashers

READY IN



70 min.

SERVINGS



4

CALORIES



973 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach packed available in bundles rather than bags in produce section
- ☐ 3 leaves basil torn fresh
- ☐ 4 servings pepper black freshly ground
- ☐ 3 slices bread stale
- ☐ 15 ounce canned tomatoes diced crushed canned
- ☐ 1 cup chicken stock see
- ☐ 1 Handful flat-leaf parsley fresh finely chopped
- ☐ 2 garlic cloves grated finely chopped

- ☐ 1.5 pounds ground beef
- ☐ 4 servings nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons onion grated
- ☐ 1 teaspoon marjoram dried
- ☐ 1 cup parmigiano-reggiano grated plus more for garnish
- ☐ 4 servings salt
- ☐ 2 pounds starchy potatoes cubed peeled
- ☐ 0.3 cup tomato paste
- ☐ 1.5 cups milk whole

Equipment

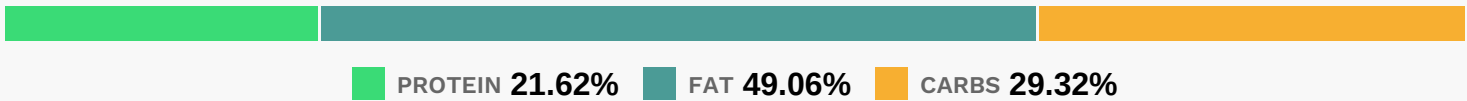
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Put the potatoes in a pot, cover with water, and bring to a boil over medium heat. Salt the water and boil the potatoes until tender, about 15 minutes.
- ☐ Drain the potatoes and put them back in the hot pot along with the spinach. Stir to combine, cover the pot, and let stand for 2 to 3 minutes to wilt the spinach.
- ☐ Add 1/2 cup of the milk, 2/3 cup of the cheese, and salt, pepper, and nutmeg to taste. Mash the potatoes and spinach and taste to adjust the seasoning.
- ☐ In a small bowl, soak the bread in the remaining cup of milk.
- ☐ Put the meat in a bowl and add 1/3 cup cheese, the parsley, garlic, onion, marjoram or oregano, and salt and pepper, to taste. Squeeze the excess liquid from the bread and crumble it as you add it to the meat.
- ☐ Mix well to combine and form 4 oval loaves no more than 2 inches thick at the center.
- ☐ Heat the extra-virgin olive oil in a large skillet or Dutch oven over medium-high heat.

- ☐
- Add the meat loaves to the skillet and cook for 3 to 4 minutes on each side until lightly browned. Pull the loaves out of the skillet and add the tomato paste. Stir for 1 minute, then stir in the stock and tomatoes. Return the loaves to the skillet, spoon the sauce over the top, and cover with a lid. Simmer over low heat until the loaves are cooked through, about 10 minutes more.
- ☐
- Set a loaf on each plate, spoon some spinach potatoes alongside, then drizzle the sauce over the top.
- ☐
- Garnish with basil more grated cheese.

Nutrition Facts



Properties

Glycemic Index:146.1, Glycemic Load:43.49, Inflammation Score:-9, Nutrition Score:48.815652349721%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 972.53kcal (48.63%), Fat: 53.45g (82.23%), Saturated Fat: 20.81g (130.09%), Carbohydrates: 71.88g (23.96%), Net Carbohydrates: 64.42g (23.43%), Sugar: 15.81g (17.56%), Cholesterol: 150.55mg (50.18%), Sodium: 1222.67mg (53.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.99g (105.97%), Vitamin K: 111.49µg (106.18%), Vitamin B6: 1.73mg (86.36%), Phosphorus: 767.41mg (76.74%), Vitamin B12: 4.43µg (73.9%), Vitamin B3: 13.8mg (68.99%), Zinc: 9.69mg (64.61%), Potassium: 2251.53mg (64.33%), Selenium: 43.1µg (61.57%), Calcium: 564.88mg (56.49%), Manganese: 1.12mg (56.19%), Iron: 8.86mg (49.23%), Vitamin A: 2341.72IU (46.83%), Vitamin B2: 0.75mg (44.4%), Vitamin C: 33.16mg (40.2%), Magnesium: 159.85mg (39.96%), Vitamin B1: 0.54mg (36.21%), Copper: 0.72mg (35.81%), Fiber: 7.46g (29.84%), Folate: 115.99µg (29%), Vitamin E: 4.24mg (28.26%), Vitamin B5: 2.52mg (25.16%), Vitamin D: 1.3µg (8.68%)