



Meatball Meatloaves

READY IN



30 min.

SERVINGS



4

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef stock
- ☐ 4 slices peasant bread white sliced
- ☐ 1 eggs
- ☐ 0.5 cup flat-leaf parsley finely chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 cloves garlic minced
- ☐ 1.5 pounds ground beef
- ☐ 4 servings olive oil extra-virgin for liberal drizzling, plus 2 tablespoons
- ☐ 0.5 cup parmigiano-reggiano generous grated

- ☐ 2 cubanelle peppers chopped
- ☐ 1 onion red chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 tablespoons tomato paste
- ☐ 1 cup milk whole
- ☐ 2 tablespoons worcestershire sauce

Equipment

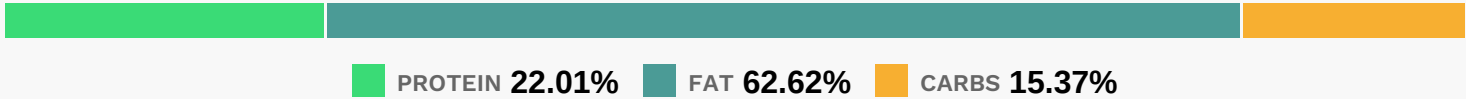
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ stove

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ In a large bowl, add the bread and the milk and let soak for a few minutes then wring out the moisture. In another large mixing bowl add the meat and the soaked bread.
- ☐ Add the egg, salt and pepper, to taste, the garlic, parsley, cheese and a drizzle of extra-virgin olive oil.
- ☐ Mix to combine and form into 4 mini oval loaves, about 2-inches thick.
- ☐ Arrange the loaves on a medium nonstick baking sheet and drizzle the tops with a little extra-virgin olive oil. Roast in oven for 20 minutes.
- ☐ While meat is roasting, put a medium skillet or sauce pot on the stove over medium heat, and add 2 tablespoons olive oil.
- ☐ Add the peppers and the onions, season with salt and pepper, to taste, and saute for 10 minutes. Stir in the tomato paste, cook for 1 minute, then sprinkle in the flour and stir for 1 minute more.

- ☐
- Whisk in the stock and Worcestershire, and season again with salt and pepper, to taste.
Reduce the heat and let simmer until ready to serve.
- ☐
- Remove the meatloaves from the oven to a serving platter and serve with lots of chunky pepper and onion gravy on top.

Nutrition Facts



Properties

Glycemic Index:97.69, Glycemic Load:13.94, Inflammation Score:-9, Nutrition Score:37.414347690085%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 800.59kcal (40.03%), Fat: 55.55g (85.46%), Saturated Fat: 18.84g (117.74%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 27.71g (10.08%), Sugar: 10.07g (11.19%), Cholesterol: 177.51mg (59.17%), Sodium: 923.14mg (40.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.93g (87.85%), Vitamin K: 141.28µg (134.55%), Vitamin C: 64.52mg (78.2%), Vitamin B12: 4.22µg (70.29%), Selenium: 42.63µg (60.9%), Zinc: 8.63mg (57.52%), Phosphorus: 552.43mg (55.24%), Vitamin B3: 10.62mg (53.1%), Vitamin B6: 0.94mg (47.19%), Vitamin B2: 0.68mg (39.98%), Iron: 6.61mg (36.7%), Calcium: 364.77mg (36.48%), Potassium: 1221.71mg (34.91%), Vitamin A: 1299.13IU (25.98%), Vitamin B1: 0.38mg (25.64%), Vitamin E: 3.76mg (25.1%), Manganese: 0.42mg (20.89%), Folate: 79.77µg (19.94%), Magnesium: 78.55mg (19.64%), Copper: 0.34mg (17.25%), Vitamin B5: 1.62mg (16.16%), Fiber: 2.98g (11.93%), Vitamin D: 1.12µg (7.49%)