



Meatloaf

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 bacon thin
- ☐ 8 servings pepper black freshly ground
- ☐ 6 slices bread
- ☐ 6 tablespoons brown sugar
- ☐ 1 teaspoon mustard dry
- ☐ 4 eggs beaten
- ☐ 0.3 cup flat-leaf parsley minced
- ☐ 2 pounds ground beef
- ☐ 0.5 cup catsup

- ☐ 1 cup milk
- ☐ 1 cup parmesan grated
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon lawry's seasoned salt such as lawry's
- ☐ 1 Dash worcestershire sauce
- ☐ 1 Dash hot sauce (more if you like)

Equipment

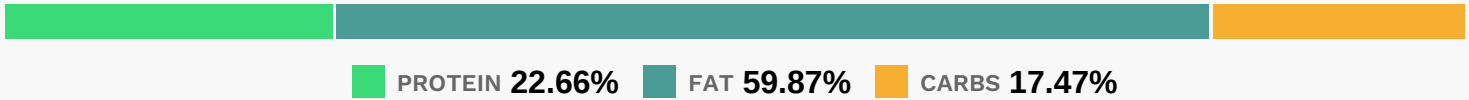
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Watch how to make this recipe.
- ☐ For the meatloaf: Preheat the oven to 350 degrees F.
- ☐ Pour the milk over the bread and allow it to soak in for several minutes.
- ☐ Place the ground beef, milk-soaked bread, Parmesan, salt, some pepper, seasoned salt and parsley in a large mixing bowl.
- ☐ Pour in the eggs. With clean hands, mix the ingredients until well combined.
- ☐ Form the mixture into a loaf shape on a foil-lined broiler pan, which will allow the fat from the meat to drain.
- ☐ Lay the bacon slices over the top, tucking them underneath the meatloaf to give the meatloaf some support.
- ☐ Pour the ketchup into a bowl.
- ☐ Add the brown sugar and dry mustard, and splash in the hot sauce and Worcestershire sauce. Stir the mixture until well combined.
- ☐ Pour one-third of the sauce over the top of the meatloaf.

- ☐
- Bake for 45 minutes, and then pour over another one-third of the remaining tomato sauce over the meatloaf.
- ☐
- Bake for an additional 20 to 25 minutes; the meatloaf should be no longer pink in the middle. Allow to sit 10 minutes before serving.
- ☐
- Serve with the remaining tomato sauce on the side as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:23.46, Glycemic Load:6.04, Inflammation Score:-5, Nutrition Score:20.850000236345%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 587.71kcal (29.39%), Fat: 38.78g (59.67%), Saturated Fat: 15.09g (94.32%), Carbohydrates: 25.46g (8.49%), Net Carbohydrates: 24.46g (8.89%), Sugar: 14.82g (16.47%), Cholesterol: 189.03mg (63.01%), Sodium: 1069.01mg (46.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.03g (66.07%), Selenium: 38.37µg (54.81%), Vitamin B12: 3.05µg (50.79%), Phosphorus: 406.71mg (40.67%), Zinc: 6.04mg (40.24%), Vitamin B3: 7.2mg (35.99%), Vitamin K: 34.82µg (33.16%), Vitamin B6: 0.55mg (27.29%), Vitamin B2: 0.45mg (26.5%), Calcium: 259.37mg (25.94%), Iron: 3.81mg (21.16%), Manganese: 0.32mg (15.87%), Vitamin B1: 0.23mg (15.47%), Potassium: 535.73mg (15.31%), Vitamin B5: 1.4mg (14.01%), Magnesium: 47.15mg (11.79%), Folate: 41.73µg (10.43%), Vitamin A: 510.04IU (10.2%), Copper: 0.15mg (7.64%), Vitamin E: 1.12mg (7.47%), Vitamin D: 1.04µg (6.93%), Fiber: 1g (4.01%), Vitamin C: 3.19mg (3.87%)