



Meatloaf

READY IN



300 min.

SERVINGS



6

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon chopped (4 slices)
- ☐ 6 servings bacon cooked
- ☐ 1 cup sandwich bread fresh white firm fine (from 2 slices sandwich bread)
- ☐ 1 medium carrots finely chopped
- ☐ 1 medium rib celery stalks finely chopped
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 large eggs
- ☐ 0.3 cup flat parsley finely chopped
- ☐ 3 garlic clove minced

- ☐ 0.3 teaspoon ground allspice
- ☐ 1.5 pounds ground beef
- ☐ 0.5 pound ground pork lean (not)
- ☐ 1 medium onion finely chopped
- ☐ 0.5 cup prune- cut to pieces pitted chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 0.3 cup milk whole
- ☐ 2 tablespoons worcestershire sauce

Equipment

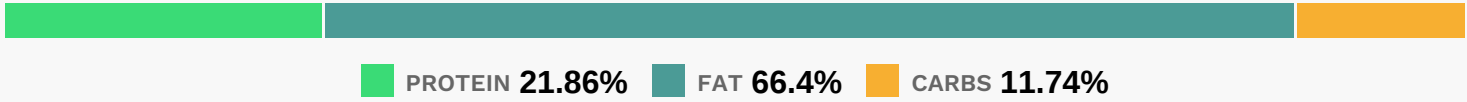
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Soak bread crumbs in milk in a large bowl.
- ☐ Meanwhile, cook onion, garlic, celery, and carrot in butter in a large heavy skillet over medium heat, stirring occasionally, 5 minutes. Cover skillet and reduce heat to low, then cook until carrot is tender, about 5 minutes.
- ☐ Remove from heat and stir in Worcestershire sauce, vinegar, allspice, 2 teaspoons salt, and 1 1/2 teaspoons pepper.
- ☐ Add to bread-crumb mixture.
- ☐ Finely chop bacon and prunes in a food processor, then add to onion mixture along with beef, pork, eggs, and parsley and mix together with your hands.
- ☐ Pack mixture into a 9- by 5-inch oval loaf in a 13- by 9-inch shallow baking dish or pan.

- ☐ Bake until an instant-read thermometer inserted into center of meatloaf registers 155°F, 1 to 1 1/4 hours.
- ☐ Let stand 10 minutes before serving.
- ☐ Cooked meatloaf keeps, chilled, 3 days.

Nutrition Facts



Properties

Glycemic Index:60.77, Glycemic Load:6.15, Inflammation Score:-9, Nutrition Score:25.364782602891%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 639.56kcal (31.98%), Fat: 46.86g (72.09%), Saturated Fat: 18.29g (114.33%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 16.68g (6.07%), Sugar: 8.52g (9.47%), Cholesterol: 200.79mg (66.93%), Sodium: 489.12mg (21.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.43%), Vitamin K: 67.31µg (64.11%), Selenium: 41.21µg (58.88%), Vitamin B12: 3.09µg (51.53%), Vitamin A: 2339.55IU (46.79%), Vitamin B3: 8.8mg (44.02%), Zinc: 6.53mg (43.57%), Phosphorus: 382.82mg (38.28%), Vitamin B6: 0.73mg (36.5%), Vitamin B1: 0.5mg (33.45%), Vitamin B2: 0.45mg (26.64%), Potassium: 778.62mg (22.25%), Iron: 3.97mg (22.05%), Vitamin B5: 1.49mg (14.9%), Magnesium: 48.67mg (12.17%), Copper: 0.2mg (9.88%), Calcium: 98.35mg (9.83%), Vitamin C: 7.98mg (9.68%), Manganese: 0.19mg (9.47%), Folate: 37.78µg (9.44%), Fiber: 1.96g (7.84%), Vitamin E: 1.05mg (6.98%), Vitamin D: 0.77µg (5.13%)