



Meatloaf Cordon Bleu

READY IN



90 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces ham cooked thinly sliced
- ☐ 2 eggs beaten
- ☐ 2 pounds extra-lean ground beef
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 cup seasoned bread crumbs italian
- ☐ 1 small onion chopped
- ☐ 1 teaspoon pepper
- ☐ 4 ounces provolone cheese sliced
- ☐ 1 teaspoon salt

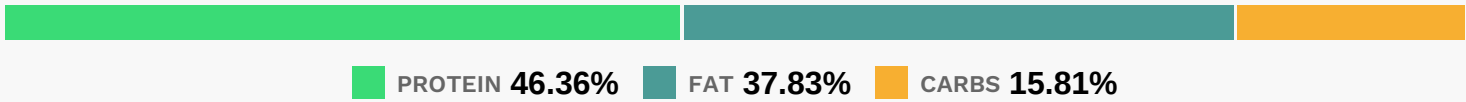
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix together the ground beef, bread crumbs, eggs, and onion. Season with garlic powder, salt and pepper. Pat the meat mixture out onto a piece of waxed paper, and flatten to 1/2 inch thick.
- ☐ Lay slices of ham onto the flattened meat, and top with slices of cheese. Pick up the edge of the waxed paper to roll the flattened meat up into a log.
- ☐ Remove waxed paper, seal the ends and seam, and place the loaf into a 9x5 inch loaf pan.
- ☐ Bake for 1 hour and 15 minutes in the preheated oven, or until the loaf is no longer pink inside.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:18.106086896813%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 303.69kcal (15.18%), Fat: 12.41g (19.09%), Saturated Fat: 5.78g (36.1%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 10.72g (3.9%), Sugar: 1.35g (1.51%), Cholesterol: 131.51mg (43.83%), Sodium: 848.74mg (36.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.21g (68.43%), Vitamin B12: 3.1µg (51.62%), Zinc: 6.92mg (46.15%), Selenium: 31.74µg (45.35%), Phosphorus: 387.68mg (38.77%), Vitamin B3: 7.7mg (38.51%), Vitamin B6: 0.55mg (27.38%), Vitamin B2: 0.38mg (22.19%), Iron: 3.87mg (21.51%), Vitamin B1: 0.28mg (18.49%), Calcium: 155.01mg (15.5%), Potassium: 518.3mg (14.81%), Vitamin B5: 1.2mg (11.96%), Manganese: 0.21mg (10.72%),

Magnesium: 41.46mg (10.36%), Folate: 32.26µg (8.06%), Copper: 0.16mg (7.94%), Vitamin K: 8.03µg (7.65%),
Vitamin C: 4.36mg (5.28%), Vitamin A: 214.63IU (4.29%), Fiber: 0.95g (3.8%), Vitamin E: 0.51mg (3.4%), Vitamin D:
0.4µg (2.7%)