

Meatloaf on the Grill

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon basil
- ☐ 2 tablespoons bread crumbs dry
- ☐ 2 eggs
- ☐ 8 ounces mushrooms fresh sliced
- ☐ 1 clove garlic minced
- ☐ 1 pound ground pork
- ☐ 1 pound pd of ground turkey
- ☐ 1 teaspoon penzey's southwest seasoning italian

☐ 1.5 teaspoons worcestershire sauce

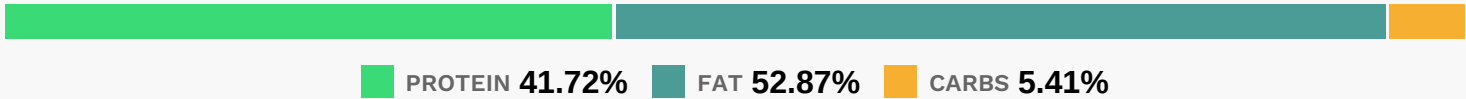
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium heat.
- ☐ In a large bowl, mix together the ground pork, ground turkey, eggs, bread crumbs, mushrooms, garlic, Italian seasoning, basil, and Worcestershire sauce using your hands. Pat evenly into a 9 inch pie plate.
- ☐ Place the pie plate onto a cookie sheet, and place on the grill grate. Close the lid, and cook for 30 to 45 minutes, until no longer pink. The meat will cook faster on the grill than in the oven.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:13.975652207499%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 246.55kcal (12.33%), Fat: 14.41g (22.17%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.81g (1.02%), Sugar: 0.88g (0.98%), Cholesterol: 112.93mg (37.64%), Sodium: 110.76mg (4.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.15%), Selenium: 33.19µg (47.42%), Vitamin B3: 9.18mg (45.92%), Vitamin B6: 0.76mg (38.08%), Vitamin B1: 0.5mg (33.58%), Phosphorus: 279.84mg (27.98%), Vitamin B2: 0.37mg (21.78%), Zinc: 2.58mg (17.23%), Vitamin B5: 1.49mg (14.89%), Vitamin B12: 0.8µg (13.4%), Potassium: 453.89mg (12.97%), Iron: 1.55mg (8.6%), Copper: 0.17mg (8.39%), Magnesium: 33.08mg (8.27%), Folate: 20.73µg (5.18%), Manganese: 0.07mg (3.36%), Vitamin D: 0.5µg (3.36%), Calcium: 27.11mg (2.71%), Fiber: 0.51g (2.04%),

Vitamin K: 1.8µg (1.71%), Vitamin A: 83.05IU (1.66%), Vitamin C: 1.26mg (1.53%), Vitamin E: 0.21mg (1.38%)