



Meatloaf Patties, Smashed Potatoes, and Pan Gravy

READY IN



35 min.

SERVINGS



4

CALORIES



596 kcal

SAUCE

Ingredients

- 1 cups beef stock
- 2 tablespoons butter
- 2 teaspoons coarse salt and pepper combined black
- 1 eggs
- 2 tablespoons flour all-purpose (a handful)
- 0.5 teaspoon ground allspice
- 1.3 pounds ground sirloin lean
- 1 tablespoon catsup

- 0.5 cup milk
- 1 tablespoon milk
- 0.3 medium onion finely chopped
- 1 medium onion finely chopped
- 2 pounds potatoes red
- 4 servings dressed tossed salad
- 2 scallions chopped
- 2 tablespoons cup heavy whipping cream sour
- 1 teaspoon spicy brown mustard
- 1 tablespoon steak sauce
- 1 tablespoon tomato paste
- 1 slice bread white with softened butter, then cut into small cubes

Equipment

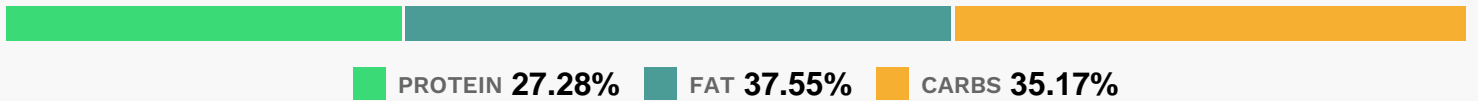
- bowl
- frying pan
- sauce pan
- whisk
- mixing bowl
- grill
- aluminum foil
- stove

Directions

- Place meat in a large mixing bowl and create a well in the center of the meat. Fill the well with the bread cubes and dampen them with a splash of milk.
- Pour 1 beaten egg over bread and add seasoning or salt and pepper, allspice, tomato paste and onion to the bowl.

- Combine the meat, bread and grill seasoning or salt and pepper and form mixture into 4 large oval patties 3/4-inch thick. Pan fry meatloaf patties in a nonstick skillet over medium high heat 7 minutes on each side under a loose tin foil tent. The tent will reflect heat and allow the steam to escape the pan.
- Cover the quartered, red-skinned potatoes in water in a medium saucepan. Bring water to a boil and cook potatoes 10 minutes or until fork tender. Turn heat under pan off; drain potatoes and return to hot pan and warm stovetop to dry potatoes out.
- Add butter, sour cream, scallions, and milk to potatoes and smash to your desired consistency. Season potatoes with salt, to taste.
- Remove meat loaf patties to a platter and return pan to heat. Reduce heat to medium and add butter and onion to your skillet. Cook the onion 2 minutes and sprinkle pan with flour. Cook flour 1 minute and whisk in 1 cup beef stock. Bring broth to a bubble. If gravy is too thick, thin with additional stock. Stir in condiments and remove gravy from heat.
- Slice meatloaf patties and drizzle with gravy. Pile smashed potatoes along side and make a well in the center for sour cream or gravy.
- Serve meatloaf and smashed potatoes with baby carrots, or with a tossed salad dressed with oil and vinegar.

Nutrition Facts



Properties

Glycemic Index:113.44, Glycemic Load:5.96, Inflammation Score:-8, Nutrition Score:32.235217591991%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg

Nutrients (% of daily need)

Calories: 595.66kcal (29.78%), Fat: 24.9g (38.31%), Saturated Fat: 11.51g (71.96%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 47.29g (17.2%), Sugar: 8.76g (9.73%), Cholesterol: 161.9mg (53.97%), Sodium: 1681.71mg (73.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.71g (81.43%), Vitamin B12: 3.65µg (60.81%), Vitamin B3: 11.89mg (59.43%), Zinc: 8.71mg (58.04%), Vitamin B6: 1.12mg (56.15%), Potassium: 1918.4mg (54.81%), Phosphorus: 543.83mg (54.38%), Selenium: 35.06µg (50.09%), Vitamin C: 33.9mg (41.09%), Iron: 6.43mg

(35.73%), Vitamin B2: 0.55mg (32.57%), Manganese: 0.55mg (27.66%), Copper: 0.53mg (26.59%), Magnesium: 105.83mg (26.46%), Vitamin B1: 0.39mg (26.07%), Folate: 97.1µg (24.28%), Vitamin K: 21.81µg (20.77%), Fiber: 5.18g (20.72%), Vitamin B5: 2.01mg (20.13%), Vitamin A: 951.58IU (19.03%), Calcium: 138.7mg (13.87%), Vitamin E: 1.16mg (7.74%), Vitamin D: 0.75µg (4.99%)