



Meatloaf Rolled With Ham , Cheese & Shrooms

READY IN



90 min.

SERVINGS



8

CALORIES



466 kcal

Ingredients

- 0.3 teaspoon pepper black
- 8 servings butter
- 0.1 cup cheese grated
- 1 teaspoon dijon mustard
- 2 large eggs lightly beaten
- 0.3 cup parsley fresh chopped
- 2 garlic clove minced
- 1 cup bell pepper diced green
- 0.3 lb ground pork
- 1.8 lbs ground sirloin

- 0.3 lb ground veal
- 0.3 lb ham thin (slices)
- 0.3 cup catsup
- 2 tablespoons milk
- 0.3 lb mozzarella cheese grated
- 0.3 lb mushrooms sliced
- 1 medium onion finely chopped
- 1 teaspoon oregano dried
- 1 cup panko bread crumbs plain
- 0.1 teaspoon salt
- 0.3 teaspoon thyme leaves
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- plastic wrap
- serrated knife

Directions

- Preheat oven to 400°F. Lightly oil a 9x5x3" pan. In a large bowl, combine the meatloaf ingredients, adding more bread crumbs if necessary, a tablespoon at a time, to make a firm loaf. Try not to over handle.
- Place the meat mixture on a large piece of plastic wrap, and form into a about 12x8" rectangle. Arrange the sauteed mushrooms on top of the meat, then ham leaving a small margin around the edges.
- Layer on the cheese on top of the ham slices. Starting from the short end, carefully roll the meat mixture jelly-roll style. Seal the edges and ends.
- Place the loaf seam side down in the prepared pan.

- Bake 1 hour or until done.
- Sprinkle the top of the meatloaf with grated cheeses.
- Bake 10 minutes more. The center of the loaf will be pink because of the ham.
- Remove from oven and let sit for 15 -20 minutes letting the juices absorb back into the loaf. Slice with a serrated knife.

Nutrition Facts

PROTEIN 29.49%

FAT 60.23%

CARBS 10.28%

Properties

Glycemic Index:48.38, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:22.02782611225%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 466.44kcal (23.32%), Fat: 30.92g (47.58%), Saturated Fat: 13.54g (84.63%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 10.54g (3.83%), Sugar: 4.1g (4.56%), Cholesterol: 168.75mg (56.25%), Sodium: 602.12mg (26.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.07g (68.14%), Vitamin B12: 3.05µg (50.81%), Selenium: 34.51µg (49.3%), Zinc: 6.49mg (43.28%), Vitamin B3: 8.41mg (42.04%), Phosphorus: 384.6mg (38.46%), Vitamin K: 36.66µg (34.91%), Vitamin B6: 0.65mg (32.65%), Vitamin B2: 0.5mg (29.46%), Vitamin B1: 0.37mg (24.4%), Vitamin C: 19.91mg (24.13%), Iron: 3.66mg (20.34%), Potassium: 639.03mg (18.26%), Vitamin B5: 1.51mg (15.09%), Calcium: 148.46mg (14.85%), Vitamin A: 588.4IU (11.77%), Copper: 0.23mg (11.35%), Magnesium: 43.73mg (10.93%), Manganese: 0.19mg (9.54%), Folate: 36.42µg (9.11%), Vitamin E: 1mg (6.65%), Fiber: 1.33g (5.34%), Vitamin D: 0.59µg (3.97%)