



Meatloaf with Mozzarella, Mushrooms and Pepperoni

READY IN



310 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups button mushrooms finely chopped
- 2 large eggs lightly beaten
- 1 teaspoon garlic powder
- 1.5 pounds ground sirloin
- 2 tablespoons catsup
- 1 teaspoon oregano dried
- 1 cup part-skim mozzarella shredded
- 0.3 cup pepperoni finely chopped

- 0.8 teaspoon salt
- 2 slices sandwich bread white

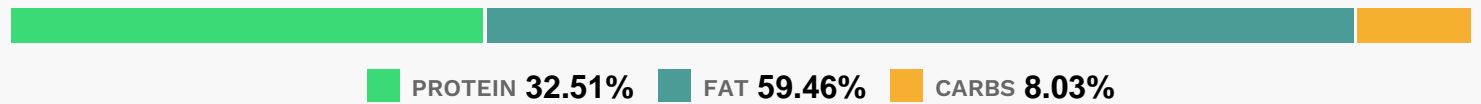
Equipment

- food processor
- bowl
- slow cooker

Directions

- Tear bread into large pieces and blend in a food processor until they form fine crumbs.
- Combine crumbs, sirloin, mushrooms, mozzarella, pepperoni, oregano, garlic, salt and eggs in a large bowl and mix gently with your hands to combine. Form mixture into a 9-inch-by-6-inch loaf.
- Place in slow cooker.
- Brush meatloaf with ketchup, cover, and cook on low until meat is cooked through, about 5 hours.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:3.14, Inflammation Score:-5, Nutrition Score:16.855652337489%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 382.06kcal (19.1%), Fat: 24.88g (38.27%), Saturated Fat: 10.26g (64.13%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 6.92g (2.52%), Sugar: 2.28g (2.54%), Cholesterol: 157.15mg (52.38%), Sodium: 690.61mg (30.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.61g (61.21%), Vitamin B12: 2.85µg (47.56%), Selenium: 31.88µg (45.54%), Zinc: 6.19mg (41.3%), Phosphorus: 357.18mg (35.72%), Vitamin B3: 6.97mg (34.86%), Vitamin B2: 0.45mg (26.38%), Vitamin B6: 0.51mg (25.44%), Calcium: 198.46mg (19.85%), Iron: 3.36mg (18.65%), Potassium: 500.75mg (14.31%), Vitamin B5: 1.38mg (13.8%), Copper: 0.19mg (9.71%), Vitamin B1: 0.14mg (9.31%), Magnesium: 34.19mg (8.55%), Folate: 31.44µg (7.86%), Manganese: 0.14mg (7.15%), Vitamin E: 0.84mg (5.62%),

Vitamin K: 4.43µg (4.22%), Vitamin D: 0.63µg (4.22%), Vitamin A: 211.19IU (4.22%), Fiber: 0.63g (2.53%)