



# Memphis-Style Meatloaf

READY IN

ready

90 min.

SERVINGS

servings

8

CALORIES

calories

632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups bread crumbs fresh
- ☐ 0.5 cup butter divided 1 stick cut
- ☐ 3 ounces button mushrooms cleaned trimmed sliced
- ☐ 0.5 cup demi-glaze
- ☐ 2 eggs beaten
- ☐ 0.8 pound ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.8 pound ground pork
- ☐ 0.8 pound ground veal

- ☐ 0.8 cup ketchup plus 1 tablespoon to brush on top
- ☐ 1 medium onion thinly sliced
- ☐ 0.3 cup parmesan grated
- ☐ 1 cup red wine
- ☐ 1.5 teaspoons salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 4 tablespoons tomato paste
- ☐ 1 large onion white minced

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

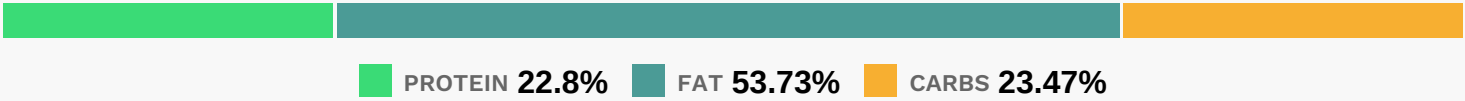
## Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ In a large bowl, mix bread crumbs, Parmesan, parsley, and onion.
- ☐ Add eggs, salt, pepper, 3/4 cup ketchup, beef, veal and pork, and combine thoroughly until evenly mixed, using your hands if necessary. Form into a loaf in a baking pan and brush top with 1 tablespoon ketchup.
- ☐ Bake in the oven for 50 minutes to 1 hour and let rest 10 minutes before slicing.
- ☐ About 10 to 20 minutes before the meatloaf is done, begin the sauce. Melt half of the butter in a saute pan (reserving the other 1/4 cup) over medium-high heat, and saute onion until it caramelizes.
- ☐ Add the mushrooms and cook until they become tender and give up their juices. Strain and set aside. In another saucepan, whisk together demi-glace, tomato paste, and red wine and simmer over low heat, allowing to reduce and thicken. Just before serving sauce, whisk in the

remaining 1/4 cup of cubed butter, and add mushrooms. Taste and add salt and pepper, as needed.

☐ Slice meatloaf and transfer to a serving dish. Spoon sauce over and serve additional sauce on the side.

## Nutrition Facts



## Properties

Glycemic Index:35.88, Glycemic Load:1.47, Inflammation Score:-7, Nutrition Score:21.503043744875%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 632.43kcal (31.62%), Fat: 36.26g (55.78%), Saturated Fat: 16.47g (102.97%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 33.31g (12.11%), Sugar: 10.63g (11.81%), Cholesterol: 169.94mg (56.65%), Sodium: 1460.52mg (63.5%), Alcohol: 3.18g (100%), Alcohol %: 1.33% (100%), Protein: 34.61g (69.22%), Vitamin B3: 9.71mg (48.54%), Selenium: 33.35µg (47.64%), Vitamin B1: 0.66mg (44.27%), Phosphorus: 364.89mg (36.49%), Vitamin B12: 2.05µg (34.14%), Vitamin B2: 0.57mg (33.31%), Zinc: 4.92mg (32.8%), Vitamin B6: 0.65mg (32.54%), Iron: 4.16mg (23.12%), Manganese: 0.44mg (21.76%), Potassium: 712.93mg (20.37%), Vitamin B5: 1.64mg (16.4%), Calcium: 146.01mg (14.6%), Folate: 56.71µg (14.18%), Vitamin A: 689.37IU (13.79%), Magnesium: 55.05mg (13.76%), Copper: 0.27mg (13.55%), Vitamin E: 1.44mg (9.62%), Fiber: 2.33g (9.3%), Vitamin C: 5.6mg (6.79%), Vitamin K: 5.85µg (5.57%), Vitamin D: 0.3µg (2.03%)