



Mushroom and Red Wine Meatloaf

READY IN



120 min.

SERVINGS



6

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black as needed freshly ground plus more
- 0.5 cup round buttery crackers crushed (such as saltines)
- 8 ounces crimini mushrooms trimmed cut into medium dice
- 0.8 cup wine dry red
- 2 large eggs
- 3 ounces fontina shredded
- 1 teaspoon rosemary leaves fresh finely chopped
- 1.5 teaspoons thyme sprigs fresh finely chopped
- 1 medium garlic clove minced

- 2 pounds ground beef (15 to 20 percent fat content)
- 2.5 teaspoons kosher salt
- 3 tablespoons butter unsalted
- 1 tablespoon worcestershire sauce
- 1 medium onion yellow

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- kitchen thermometer
- aluminum foil

Directions

- Heat the oven to 375°F and arrange a rack in the middle. Line a rimmed baking sheet with aluminum foil and set it aside. Melt the butter in a large frying pan over medium-high heat until foaming.
- Add the onions, mushrooms, and 1/2 teaspoon of the salt and season with pepper. Cook, stirring occasionally, until the onions have softened and are slightly browned and any liquid from the mushrooms has evaporated, about 8 to 10 minutes.
- Add the garlic and cook until fragrant, about 30 seconds. Increase the heat to high, add the wine, scrape up any brown bits from the bottom of the pan, and simmer until the wine has almost completely evaporated, about 3 to 4 minutes.
- Remove the pan from the heat and stir in the thyme and rosemary.
- Transfer the vegetable mixture to a large bowl and set it aside to cool slightly, about 5 minutes. Meanwhile, place the eggs in a small bowl and whisk to break them up.
- Add the cracker crumbs, Worcestershire sauce, measured pepper, and remaining 2 teaspoons of salt and stir to combine; set aside until the sautéed vegetables have cooled.

- Add the meat to the cooled vegetables, breaking it up with your hands.
- Add the egg-cracker mixture and the cheese. Using clean hands, mix everything until evenly combined (don't squeeze or overwork the mixture).
- Transfer the mixture to the center of the prepared baking sheet. Using your hands, form it into a 9-by-5-inch loaf.
- Bake until an instant-read thermometer inserted into the center registers 160°F to 165°F, about 50 minutes.
- Transfer the baking sheet to a wire rack and let sit 10 minutes before slicing the meatloaf.

Nutrition Facts

PROTEIN 23.98% **FAT 69.77%** **CARBS 6.25%**

Properties

Glycemic Index:26.83, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:20.504347832307%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 582.64kcal (29.13%), Fat: 43.15g (66.38%), Saturated Fat: 18.73g (117.09%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 7.86g (2.86%), Sugar: 2.41g (2.68%), Cholesterol: 200.84mg (66.95%), Sodium: 1292.22mg (56.18%), Alcohol: 3.15g (100%), Alcohol %: 1.39% (100%), Protein: 33.37g (66.75%), Vitamin B12: 3.67µg (61.2%), Selenium: 40.18µg (57.39%), Zinc: 7.54mg (50.28%), Vitamin B3: 8.17mg (40.83%), Phosphorus: 390.48mg (39.05%), Vitamin B2: 0.54mg (31.87%), Vitamin B6: 0.6mg (30.21%), Iron: 3.96mg (22%), Potassium: 676.5mg (19.33%), Vitamin B5: 1.7mg (17.01%), Copper: 0.33mg (16.32%), Calcium: 143mg (14.3%), Vitamin B1: 0.14mg (9.67%), Magnesium: 37.92mg (9.48%), Manganese: 0.19mg (9.43%), Folate: 36.55µg (9.14%), Vitamin A: 423.06IU (8.46%), Vitamin E: 1.18mg (7.89%), Vitamin K: 6.79µg (6.46%), Vitamin D: 0.71µg (4.75%), Fiber: 0.82g (3.28%), Vitamin C: 2.69mg (3.25%)