



New Classic Meatloaf



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 small carrots finely grated
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 large eggs beaten
- ☐ 1.5 pounds extra-lean ground beef 90% lean or higher
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon unsulphered molasses
- ☐ 1 Tablespoon mustard prepared

- ☐ 1 tablespoons olive oil
- ☐ 1 cup onion diced
- ☐ 0.8 cup quick-cooking oats
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons tomato paste
- ☐ 8 ounce no-salt added tomato sauce canned
- ☐ 8 ounces button mushrooms diced white finely
- ☐ 2 teaspoons worcestershire sauce

Equipment

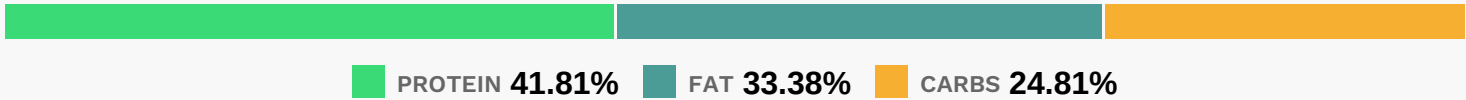
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees.
- ☐ Heat the oil in a large skillet, add the onion and mushrooms and cook until the liquid is evaporated and the mushrooms begin to brown about 8 minutes. Stir in the carrots, tomato paste, thyme and garlic and cook, stirring, 2 minutes more. Allow to cool completely.
- ☐ In a large bowl combine the beef, oats, eggs, Worcestershire sauce, mushroom mixture, salt and pepper.
- ☐ Mix until just well combined.
- ☐ Transfer the mixture to a 9x13 inch baking dish and shape into a loaf about 5 inches wide and 2 inches high.
- ☐ In a small bowl whisk the tomato sauce, molasses and mustard and pour over the meatloaf.
- ☐ Cook the meatloaf until a meat thermometer registers 160 degrees, about 55-60 minutes.

- ☐ Remove from the oven and let rest 15 minutes before slicing.
- ☐ Serving Size: one 1-inch thick slice

Nutrition Facts



Properties

Glycemic Index:49.85, Glycemic Load:5.35, Inflammation Score:-8, Nutrition Score:17.019130406172%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 215.54kcal (10.78%), Fat: 8.03g (12.35%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 11.18g (4.06%), Sugar: 5.41g (6.01%), Cholesterol: 99.23mg (33.08%), Sodium: 505.84mg (21.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.23%), Selenium: 25.5µg (36.43%), Vitamin B12: 2.03µg (33.79%), Zinc: 5.05mg (33.67%), Vitamin B3: 6.31mg (31.54%), Phosphorus: 275.9mg (27.59%), Vitamin A: 1301.39IU (26.03%), Manganese: 0.5mg (25.15%), Vitamin B6: 0.48mg (24.21%), Vitamin B2: 0.35mg (20.87%), Iron: 3.52mg (19.58%), Potassium: 657.89mg (18.8%), Magnesium: 59.56mg (14.89%), Vitamin B5: 1.38mg (13.81%), Copper: 0.27mg (13.53%), Fiber: 2.25g (8.98%), Vitamin B1: 0.13mg (8.88%), Vitamin E: 1.32mg (8.78%), Vitamin C: 5.66mg (6.85%), Folate: 25.85µg (6.46%), Vitamin K: 5.07µg (4.83%), Calcium: 41.63mg (4.16%), Vitamin D: 0.39µg (2.61%)