



Normandy-Style Meat Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 pounds ground pork lean
- ☐ 1 cup onion finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup port sweet
- ☐ 0.5 cup prune- cut to pieces pitted chopped
- ☐ 2 ounce pumpernickel bread
- ☐ 0.8 teaspoon salt

- ☐ 0.5 teaspoon aniseeds
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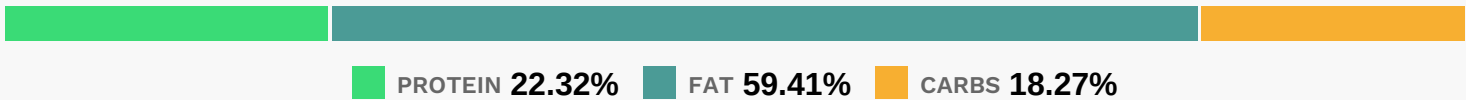
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 37
- ☐ Coat a small saucepan with cooking spray, and place over medium heat until hot.
- ☐ Add aniseeds; saut 1 minute.
- ☐ Add onion; saut 3 minutes or until tender.
- ☐ Add wine and prunes; bring to a boil. Cook 3 minutes, stirring occasionally.
- ☐ Combine prune mixture, mustard, salt, pepper, and bread in a large bowl; toss well to moisten bread.
- ☐ Let mixture cool slightly.
- ☐ Crumble pork over prune mixture, and stir just until blended. Pack mixture into a 9 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 375 for 1 hour or until meat loaf registers 16
- ☐ Let meat loaf stand in pan 10 minutes.
- ☐ Remove meat loaf from pan; cut loaf into 16 slices.
- ☐ Serve leftover meat loaf slices on pumpernickel bread with herbed mayonnaise and lettuce.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:3.9, Inflammation Score:-3, Nutrition Score:10.727826074414%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 289.55kcal (14.48%), Fat: 18.37g (28.26%), Saturated Fat: 6.75g (42.17%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 11.05g (4.02%), Sugar: 5.15g (5.72%), Cholesterol: 61.24mg (20.41%), Sodium: 330.14mg (14.35%), Alcohol: 1.59g (100%), Alcohol %: 1.43% (100%), Protein: 15.53g (31.05%), Vitamin B1: 0.66mg (44.32%), Selenium: 23.46µg (33.52%), Vitamin B3: 4.18mg (20.9%), Vitamin B6: 0.39mg (19.55%), Phosphorus: 180.33mg (18.03%), Vitamin B2: 0.25mg (14.89%), Zinc: 2.09mg (13.95%), Potassium: 390.37mg (11.15%), Vitamin B12: 0.6µg (9.92%), Manganese: 0.2mg (9.77%), Magnesium: 29.26mg (7.31%), Vitamin B5: 0.68mg (6.78%), Fiber: 1.67g (6.68%), Iron: 1.2mg (6.68%), Vitamin K: 6.8µg (6.47%), Copper: 0.1mg (5.05%), Folate: 15.37µg (3.84%), Calcium: 28.8mg (2.88%), Vitamin C: 2.15mg (2.6%), Vitamin A: 93.26IU (1.87%)