



Pan Fried Meatloaf in Tricolor Peppers

 Dairy Free

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes with basil crushed canned
- ☐ 1 eggs
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green
- ☐ 0.5 pound ground beef
- ☐ 0.5 pound pd of ground turkey
- ☐ 3 dashes hot sauce
- ☐ 1 tablespoon oil

- ☐ 1 small onion chopped
- ☐ 1 bell pepper red
- ☐ 1 tablespoon sage leaves whole for frying chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 servings vegetable oil for frying
- ☐ 2 slices bread white cut into cubes
- ☐ 3 dashes worcestershire sauce
- ☐ 1 bell pepper yellow

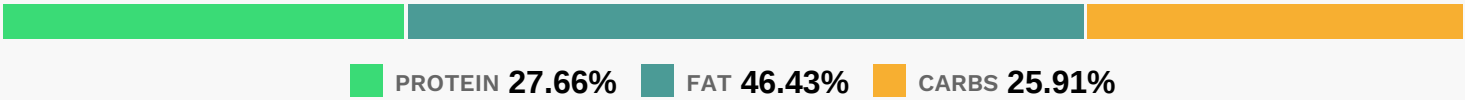
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Remove core and seeds from peppers. Slice into 1 inch rings and place on nonstick baking sheet. You should get about 3 rings per pepper. In a large bowl mix together beef, turkey, bread, 1/2 cup of the tomatoes, garlic, egg, onion, chopped sage, Worcestershire sauce, hot sauce, and season with salt and pepper. Press meatloaf mixture evenly into pepper rings. In a skillet over medium-high heat, add oil.
- ☐ Saute meatloaf rings on both sides until golden brown, about 5 minutes per side.
- ☐ Add remaining tomatoes to skillet and bake until cooked through, 20 to 25 minutes. Meanwhile, in a small saucepan, heat 1-inch vegetable oil until a deep-fry thermometer reaches 325 degrees F. Drop sage leaves into oil and fry until golden, 1 to 2 minutes.
- ☐ Garnish meatloaf rings with fried sage leaves.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:6.29, Inflammation Score:-8, Nutrition Score:23.119130518125%

Flavonoids

Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 280.61kcal (14.03%), Fat: 14.96g (23.02%), Saturated Fat: 4.08g (25.48%), Carbohydrates: 18.78g (6.26%), Net Carbohydrates: 14.89g (5.41%), Sugar: 8.16g (9.06%), Cholesterol: 74.91mg (24.97%), Sodium: 279.67mg (12.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.11%), Vitamin C: 91.18mg (110.52%), Copper: 0.96mg (47.83%), Vitamin B6: 0.83mg (41.34%), Vitamin B3: 7.78mg (38.89%), Selenium: 19.29µg (27.56%), Phosphorus: 231.13mg (23.11%), Potassium: 766.97mg (21.91%), Manganese: 0.43mg (21.68%), Vitamin A: 1068.95IU (21.38%), Vitamin E: 2.96mg (19.73%), Zinc: 2.92mg (19.45%), Iron: 3.5mg (19.43%), Vitamin B12: 1.07µg (17.78%), Vitamin K: 17.22µg (16.4%), Fiber: 3.9g (15.59%), Vitamin B2: 0.25mg (14.75%), Vitamin B1: 0.22mg (14.67%), Magnesium: 55.72mg (13.93%), Folate: 54.14µg (13.53%), Vitamin B5: 1.18mg (11.85%), Calcium: 86.95mg (8.69%), Vitamin D: 0.34µg (2.24%)