



Parmesan-and-Mushroom-Stuffed Meatloaf

READY IN



35 min.

SERVINGS



6

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 large eggs beaten
- 8 oz mushrooms fresh sliced
- 1 garlic clove minced
- 1.5 pounds ground round
- 6 oz six-cheese blend shredded italian
- 0.5 cup italian-seasoned breadcrumbs
- 0.3 cup milk
- 0.5 cup parmesan cheese grated

- 0.3 teaspoon pepper freshly ground
- 1 teaspoon salt
- 1 shallots finely chopped
- 10.5 oz bruschetta topping refrigerated
- 0.8 cup sun-dried tomatoes drained well in oil

Equipment

- bowl
- frying pan
- oven
- wax paper

Directions

- Preheat oven to 35
- Melt butter in a nonstick skillet over medium heat; add mushrooms, shallot, and garlic, and saut 5 minutes or until tender.
- Gently stir together ground round and next 6 ingredients in a large bowl just until combined. Shape mixture into a 14- x 10-inch rectangle on a sheet of wax paper. Top with mushroom mixture, cheese, and tomatoes, leaving a 1 1/2-inch border on all sides.
- Roll up, jelly-roll fashion, starting at 1 long side and using wax paper as a guide.
- Place meatloaf roll, seam side down, in a lightly greased 15- x 10-inch jelly-roll pan.
- Bake at 350 for 1 hour or until center is no longer pink.
- Remove from oven, and top with bruschetta topping.
- Let stand 10 minutes before slicing.
- Note: For testing purposes only, we used Buitoni Refrigerated Classic Bruschetta topping. To make ahead, prepare recipe as directed through Step Cover and chill 8 hours.
- Let stand at room temperature 15 minutes. Proceed with recipe as directed.

Nutrition Facts



■ PROTEIN **24.77%** ■ FAT **46.3%** ■ CARBS **28.93%**

Properties

Glycemic Index:35.33, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:22.787825947223%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 630.64kcal (31.53%), Fat: 32.7g (50.31%), Saturated Fat: 12.27g (76.69%), Carbohydrates: 45.98g (15.33%), Net Carbohydrates: 42.76g (15.55%), Sugar: 19.45g (21.61%), Cholesterol: 129.48mg (43.16%), Sodium: 1052.15mg (45.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.47mg (1.16%), Protein: 39.36g (78.72%), Vitamin B12: 2.84µg (47.26%), Selenium: 32.2µg (46.01%), Zinc: 6.83mg (45.53%), Vitamin B3: 8.39mg (41.97%), Phosphorus: 410.21mg (41.02%), Vitamin B2: 0.55mg (32.48%), Vitamin B6: 0.58mg (28.84%), Potassium: 923.71mg (26.39%), Iron: 4.49mg (24.94%), Copper: 0.48mg (24%), Calcium: 215.43mg (21.54%), Manganese: 0.42mg (20.88%), Vitamin C: 15.65mg (18.97%), Magnesium: 72.02mg (18%), Vitamin B5: 1.64mg (16.42%), Vitamin B1: 0.23mg (15.52%), Vitamin E: 1.94mg (12.96%), Fiber: 3.22g (12.88%), Folate: 36.28µg (9.07%), Vitamin A: 447.96IU (8.96%), Vitamin K: 7.45µg (7.09%), Vitamin D: 0.51µg (3.39%)