

Picnic Meat Loaf

READY IN



300 min.

SERVINGS



10

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 6 ounces chicken sausages cooked chopped (2 medium links, casings removed)
- ☐ 0.7 cup cup heavy whipping cream fine (or evaporated milk — any fat content is)
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 eggs
- ☐ 0.5 pound ground chicken
- ☐ 2 pounds ground pork
- ☐ 10 servings kosher salt and pepper black freshly ground to taste
- ☐ 0.3 cup onion diced

- ☐
- 1 baking apples are apples that have a sweet-tart balance and hold their shape when grated peeled (such as Granny Smith)

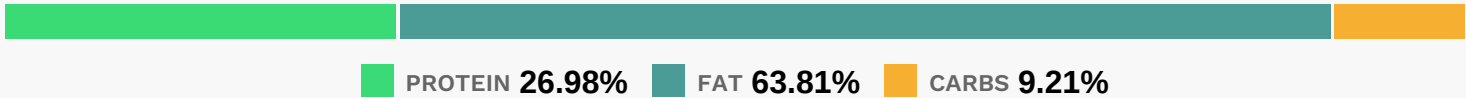
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Spray a 9-by-5-inch loaf pan with cooking spray.
- ☐ In a large bowl, combine all the ingredients but the hard-boiled eggs.
- ☐ Press half the mixture into the pan, then gently press in the hard-boiled eggs, end to end. Mold the remaining mixture on top.
- ☐ Cover with foil and bake until the juices run clear when you poke the loaf with a sharp knife, 1 1/2 hours.
- ☐ Remove from oven and let cool for 30 minutes. Take the loaf from the pan, let it cool completely, then wrap it well and chill overnight.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.79, Inflammation Score:-3, Nutrition Score:12.700000094331%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 361.82kcal (18.09%), Fat: 25.5g (39.23%), Saturated Fat: 9.15g (57.19%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 7.53g (2.74%), Sugar: 4.29g (4.77%), Cholesterol: 120.35mg (40.12%), Sodium: 289.25mg (12.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.5%), Vitamin B1: 0.74mg (49.4%), Selenium: 27.5µg (39.29%), Vitamin B3: 5.5mg (27.52%), Phosphorus: 251.68mg (25.17%), Vitamin B6: 0.5mg (24.85%), Vitamin B2: 0.37mg (21.64%), Zinc: 2.59mg (17.25%), Vitamin B12: 0.86µg (14.28%), Potassium: 472.41mg (13.5%), Vitamin B5: 1.07mg (10.7%), Iron: 1.56mg (8.67%), Magnesium: 29.91mg (7.48%), Calcium: 71.65mg (7.16%), Manganese: 0.08mg (4.1%), Copper: 0.08mg (3.86%), Folate: 14.01µg (3.5%), Fiber: 0.75g (3.01%), Vitamin C: 2.47mg (3%), Vitamin A: 146.83IU (2.94%), Vitamin K: 2.83µg (2.7%), Vitamin E: 0.18mg (1.23%)