



Porcini Mushroom-and-Veal Meat Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons dijon mustard
- ☐ 0.5 ounce porcini mushrooms dried chopped
- ☐ 0.1 teaspoon rosemary dried crushed
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 large garlic clove minced
- ☐ 1.5 pounds ground veal lean
- ☐ 1 cup onion finely chopped
- ☐ 0.5 teaspoon pepper

- ☐ 1.5 tablespoons soya sauce
- ☐ 0.3 teaspoon sugar
- ☐ 1 cup water
- ☐ 0.8 cup breadcrumbs fresh whole-wheat

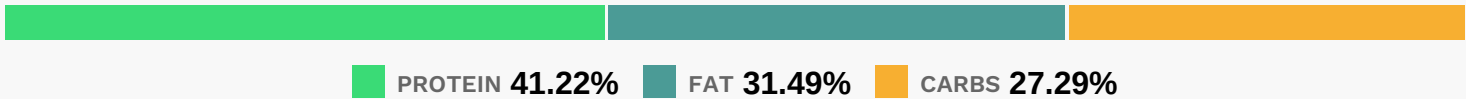
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 8 ingredients in a small saucepan; bring to a boil. Cook 8 minutes or until reduced to 1 cup.
- ☐ Combine mushroom mixture, mustard, and pepper in a large bowl; stir well. Stir in breadcrumbs; let cool slightly.
- ☐ Crumble veal over mushroom mixture; stir just until blended. Pack mixture into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 375 for 50 minutes or until meat loaf registers 16
- ☐ Let loaf stand in pan 10 minutes.
- ☐ Remove meat loaf from pan; cut loaf into 12 slices.
- ☐ Note: Ground turkey or chicken can be substituted for ground veal.
- ☐ Serve leftover meat loaf slices on kaiser rolls with herbed mayonnaise and lettuce.

Nutrition Facts



Properties

Glycemic Index:46.02, Glycemic Load:0.78, Inflammation Score:-3, Nutrition Score:12.974347761792%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 237.23kcal (11.86%), Fat: 8.32g (12.79%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 13.89g (5.05%), Sugar: 1.93g (2.15%), Cholesterol: 92.99mg (31%), Sodium: 461.07mg (20.05%), Alcohol: 1.05g (100%), Alcohol %: 0.62% (100%), Protein: 24.5g (49%), Vitamin B3: 9.07mg (45.37%), Vitamin B6: 0.54mg (26.9%), Phosphorus: 255.81mg (25.58%), Vitamin B12: 1.52µg (25.33%), Zinc: 3.75mg (25.01%), Vitamin B2: 0.35mg (20.8%), Vitamin B5: 2.07mg (20.69%), Selenium: 11.8µg (16.86%), Copper: 0.27mg (13.75%), Potassium: 451.79mg (12.91%), Iron: 2.17mg (12.08%), Magnesium: 37.41mg (9.35%), Fiber: 2.32g (9.3%), Manganese: 0.16mg (8.08%), Vitamin B1: 0.12mg (8.07%), Folate: 24.78µg (6.2%), Vitamin C: 4.93mg (5.97%), Calcium: 29.52mg (2.95%), Vitamin E: 0.32mg (2.1%)