Porcini Mushroom Meat Loaf with Mushroom Gravy

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
120 min.	**8**	**585 kcal**

(LUNCH) (MAIN COURSE) (MAIN DISH) (DINNER)

Ingredients

- [ ] 1 teaspoon pepper black freshly ground
- [ ] 1.5 cups unseasoned bread cubes hearty (from 2 slices of bread, crusts removed)
- [ ] 6 tablespoons butter
- [ ] 1 medium carrots finely chopped
- [ ] 1 stalk celery finely chopped
- [ ] 1.8 cups chicken stock see
- [ ] 1.5 ounces porcini mushrooms dried (see Notes)
- [ ] 2 eggs

- [ ] 0.3 cup flat-leaf parsley
- [ ] 1 pound ground beef (see Notes)
- [ ] 1 cup milk
- [ ] 1 pound fatty pork (see Notes)
- [ ] 1.5 teaspoons salt
- [ ] 0.3 cup shallots chopped
- [ ] 1 pound veal (see Notes)
- [ ] 1 cup white wine

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] whisk
- [ ] roasting pan
- [ ] wooden spoon
- [ ] kitchen thermometer
- [ ] stove
- [ ] slotted spoon
- [ ] gravy boat

Directions

- [ ] Preheat oven to 35
- [ ] Put mushrooms in a small bowl and pour 2 cups simmering water over them. Stir and let mushrooms sit 15 minutes. In another small bowl, pour milk over bread cubes. Squeeze bread with your fingers to soften completely.
- [ ] Break the meats into small chunks, then toss together in a large bowl.
- [ ] Add shallots, parsley, eggs, salt, and pepper.

- [ ] Use a slotted spoon to remove mushrooms from water; reserve liquid. Chop mushrooms fine and add about three-quarters to meat mixture; set remaining mushrooms aside. Gently squeeze bread to remove excess milk and add it to meat mixture; discard milk. Using your hands, gently mix bread, meat, and seasonings until blended. Form mixture into a ball, transfer to a large, heavy-bottomed metal roasting pan, and pat into a rounded loaf.

- [ ] Sprinkle carrot, celery, and remaining mushrooms in bottom of pan.

- [ ] Pour in 3/4 cup each of mushroom soaking liquid (strain out any sediment, if necessary) and chicken stock.

- [ ] Bake until outside of loaf is browned and interior measures 180 on a meat thermometer, about 90 minutes.

- [ ] Transfer meat loaf to a platter. Set roasting pan over 2 stovetop burners on high heat.

- [ ] Pour in wine and use a wooden spoon to loosen vegetables and browned bits.

- [ ] Add remaining mushroom liquid and chicken stock and simmer until liquid is reduced by half. Reduce heat to medium and whisk in butter; sauce will thicken slightly.

- [ ] Transfer sauce (with vegetable bits) to a gravy boat and serve alongside meat loaf.

Nutrition Facts

PROTEIN 25.88%   **FAT 62.69%**   **CARBS 11.43%**
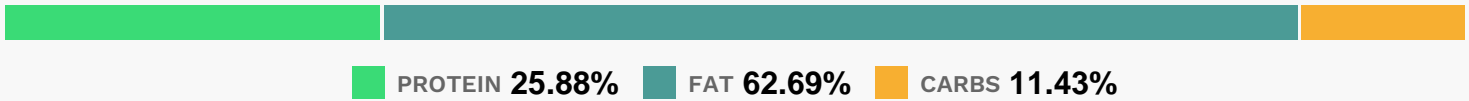
Properties

Glycemic Index:41.81, Glycemic Load:4.06, Inflammation Score:-8, Nutrition Score:26.775217263595%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.53mg, Apigenin: 5.53mg, Apigenin: 5.53mg, Apigenin: 5.53mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 584.55kcal (29.23%), Fat: 38.95g (59.93%), Saturated Fat: 16.97g (106.06%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 14.2g (5.17%), Sugar: 4.58g (5.09%), Cholesterol: 196.3mg (65.43%), Sodium: 785.81mg (34.17%), Alcohol: 3.09g (100%), Alcohol %: 1.13% (100%), Protein: 36.18g (72.36%), Vitamin B3: 11.5mg (57.49%),

Selenium: 37.93µg (54.18%), Vitamin K: 46.58µg (44.36%), Vitamin B12: 2.65µg (44.17%), Zinc: 6.35mg (42.33%), Phosphorus: 419.39mg (41.94%), Vitamin B6: 0.83mg (41.58%), Vitamin B1: 0.6mg (40.01%), Vitamin A: 1885.6IU (37.71%), Vitamin B2: 0.62mg (36.55%), Vitamin B5: 3.04mg (30.38%), Copper: 0.47mg (23.55%), Potassium: 818.22mg (23.38%), Iron: 3.26mg (18.11%), Manganese: 0.34mg (16.81%), Magnesium: 60.85mg (15.21%), Folate: 50.62µg (12.65%), Calcium: 103.82mg (10.38%), Fiber: 1.79g (7.14%), Vitamin C: 5.43mg (6.58%), Vitamin E: 0.88mg (5.86%), Vitamin D: 0.82µg (5.46%)