



## Red-Onion Meat Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 cups bread fresh white ( 3 slices)
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 4 garlic clove chopped
- ☐ 0.8 teaspoon pepper black
- ☐ 0.5 pound ground pork
- ☐ 0.5 pound ground veal
- ☐ 1 cup catsup
- ☐ 0.5 pound ground beef lean

- ☐ 2 tablespoons olive oil
- ☐ 1.3 pounds onion red chopped
- ☐ 1.5 teaspoons salt
- ☐ 5.5 ounce vegetable juice canned

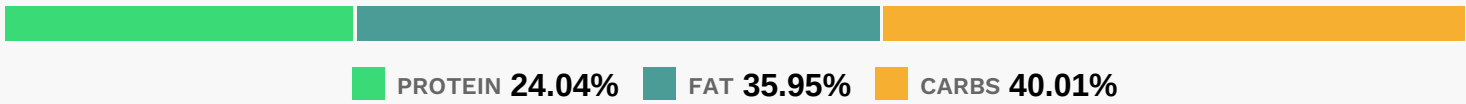
## Equipment

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

## Directions

- ☐ Preheat oven to 350°F.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add onions and sauté until just tender, about 6 minutes.
- ☐ Add garlic; sauté 1 minute.
- ☐ Transfer onion mixture to large bowl.
- ☐ Add 1/2 cup ketchup and all remaining ingredients; mix just until blended. Shape mixture into 9x4-inch loaf on large baking sheet; spread remaining 1/2 cup ketchup over top and sides.
- ☐ Bake meat loaf until thermometer inserted into center registers 160°F, about 1 hour.
- ☐ Let stand 10 minutes.
- ☐ Transfer to platter and serve.

## Nutrition Facts



## Properties

Glycemic Index:27.83, Glycemic Load:13.26, Inflammation Score:-7, Nutrition Score:20.993478171203%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 14.68mg, Quercetin: 14.68mg, Quercetin: 14.68mg, Quercetin: 14.68mg

## Nutrients (% of daily need)

Calories: 373.51kcal (18.68%), Fat: 15g (23.07%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 34.14g (12.41%), Sugar: 12.63g (14.03%), Cholesterol: 61.24mg (20.41%), Sodium: 1014.8mg (44.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.13%), Vitamin K: 67.38µg (64.17%), Vitamin B3: 7.97mg (39.83%), Selenium: 27.77µg (39.67%), Manganese: 0.72mg (35.98%), Vitamin B1: 0.47mg (31.1%), Vitamin B6: 0.54mg (27.01%), Phosphorus: 253.64mg (25.36%), Zinc: 3.63mg (24.19%), Vitamin B2: 0.38mg (22.07%), Vitamin C: 17.99mg (21.8%), Vitamin B12: 1.21µg (20.22%), Iron: 3.37mg (18.71%), Potassium: 586.1mg (16.75%), Folate: 66.17µg (16.54%), Fiber: 3.43g (13.71%), Vitamin A: 635.65IU (12.71%), Magnesium: 50.18mg (12.55%), Vitamin B5: 1.23mg (12.34%), Calcium: 99.17mg (9.92%), Copper: 0.2mg (9.86%), Vitamin E: 1.22mg (8.17%)