



Roasted Vegetable Meatloaf with Balsamic Glaze

READY IN



115 min.

SERVINGS



6

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup balsamic vinegar
- 2 large eggs lightly beaten
- 0.3 cup parsley leaves fresh chopped
- 1 tablespoon thyme leaves fresh finely chopped
- 5 cloves garlic finely chopped
- 1 pound ground beef chuck
- 0.5 pound ground pork
- 0.5 pound ground veal

- 1.5 cups catsup divided
- 3 tablespoons olive oil
- 1 cup panko bread crumbs (Japanese)
- 1 bell pepper diced red finely
- 0.3 teaspoon pepper flakes red
- 0.5 cup romano freshly grated
- 6 servings salt and pepper black freshly ground
- 1 bell pepper diced yellow finely
- 1 onion diced yellow finely
- 1 large zucchini diced finely

Equipment

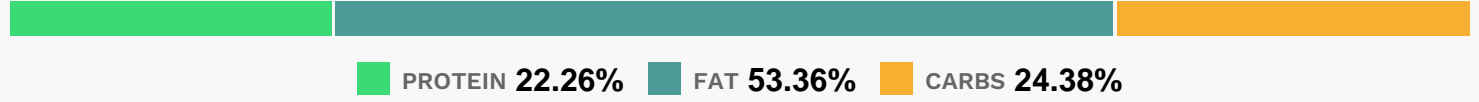
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk

Directions

- Preheat oven to 425 degrees F.
- Heat the oil in a large saute pan over high heat.
- Add the zucchini, peppers, onion and salt and pepper, to taste, and cook until almost soft, 5 minutes. Stir in the garlic and 1/4 teaspoon the red pepper flakes and cook for 30 seconds. Set aside to cool.
- Whisk together the eggs and herbs in a large bowl.
- Add the meat, bread crumbs, cheese, 1/2 cup of the ketchup and 2 tablespoons of the balsamic vinegar and the vegetables and mix until just combined. Mold the meatloaf on a baking sheet lined with parchment paper.

- Whisk together the remaining ketchup and balsamic vinegar in a small bowl then brush the mixture over the entire loaf.
- Bake the meatloaf for approximately 1 to 1 1/4 hours.
- Remove from the oven and let rest 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:4.82, Inflammation Score:-9, Nutrition Score:31.309130419856%

Flavonoids

Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 634.61kcal (31.73%), Fat: 37.47g (57.64%), Saturated Fat: 12.96g (80.99%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 36.08g (13.12%), Sugar: 22.89g (25.43%), Cholesterol: 182.55mg (60.85%), Sodium: 863.34mg (37.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.16g (70.32%), Vitamin C: 81.47mg (98.75%), Vitamin K: 52.92µg (50.4%), Vitamin B3: 9.93mg (49.64%), Selenium: 33.62µg (48.03%), Vitamin B6: 0.93mg (46.32%), Vitamin B12: 2.67µg (44.43%), Phosphorus: 441.45mg (44.14%), Zinc: 6.23mg (41.52%), Vitamin B2: 0.64mg (37.57%), Vitamin B1: 0.51mg (33.96%), Vitamin A: 1495.22IU (29.9%), Potassium: 982.81mg (28.08%), Iron: 4.35mg (24.15%), Manganese: 0.48mg (23.98%), Vitamin E: 2.93mg (19.53%), Calcium: 191.23mg (19.12%), Magnesium: 72.04mg (18.01%), Folate: 71.74µg (17.93%), Vitamin B5: 1.76mg (17.62%), Copper: 0.29mg (14.32%), Fiber: 2.43g (9.71%), Vitamin D: 0.45µg (3%)