



Roasted Vegetable Meatloaf with Mustard Mashed Potatoes

READY IN



45 min.

SERVINGS



6

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry red
- ☐ 2 large eggs
- ☐ 1 cup basil fresh thinly sliced
- ☐ 1 tablespoon marjoram fresh chopped
- ☐ 2 tablespoons rosemary fresh divided chopped
- ☐ 2 pounds ground beef chuck 20% (fat)
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup catsup divided

- ☐ 6 servings mustard potatoes mashed
- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 3 bell peppers diced red
- ☐ 2 medium size onions diced red
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1.5 teaspoons salt
- ☐ 8 ounces coarsely whole-milk mozzarella cheese grated
- ☐ 3 small zucchini diced

Equipment

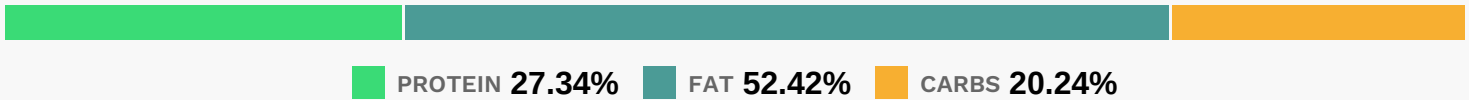
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 450°F.
- ☐ Combine zucchini, peppers, and onions in medium bowl.
- ☐ Add oil and 1 tablespoon rosemary; toss to coat.
- ☐ Spread evenly on rimmed baking sheet; sprinkle with salt and pepper. Roast until vegetables are tender, about 25 minutes.
- ☐ Remove from oven; cool.
- ☐ Preheat oven to 375°F.
- ☐ Mix ground beef, mozzarella, panko, basil, marjoram, 1 1/2 teaspoons salt, 1/2 teaspoon pepper, dried crushed pepper, 1 tablespoon rosemary, and 1 cup roasted vegetables in large bowl.

- ☐ Whisk 1/2 cup ketchup, eggs, and wine in medium bowl.
- ☐ Add to beef mixture; stir with wooden spoon until well incorporated; spoon into 9x5x3-inch loaf pan, forming rounded top.
- ☐ Spoon 1/2 cup ketchup over top of loaf.
- ☐ Bake meatloaf until cooked through, juices run clear, and top is browned, about 1 hour 10 minutes.
- ☐ Remove pan from oven; let meatloaf rest 20 minutes.
- ☐ Rewarm remaining vegetable mixture in large nonstick skillet. Turn meatloaf out; cut into 1-inch-thick slices. Top with warm roasted vegetable mixture; serve with mashed potatoes.
- ☐ *Flaky panko crumbs are the best substitute for fresh breadcrumbs in almost anything, including meatloaf. Look for them in the Asian foods section of the supermarket and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:36.034782596256%

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 Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 656.39kcal (32.82%), Fat: 38g (58.45%), Saturated Fat: 13.09g (81.83%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 28.6g (10.4%), Sugar: 15.7g (17.44%), Cholesterol: 176.15mg (58.72%), Sodium: 1526.73mg (66.38%), Alcohol: 1.05g (100%), Alcohol %: 0.3% (100%), Protein: 44.58g (89.17%), Vitamin C: 92.4mg (112.01%), Vitamin B12: 3.78µg (63.07%), Phosphorus: 612.57mg (61.26%), Selenium: 41.12µg (58.74%), Zinc: 8.79mg (58.58%),

Vitamin A: 2771.15IU (55.42%), Vitamin B6: 0.96mg (47.89%), Calcium: 469.79mg (46.98%), Vitamin B3: 9mg (45.02%), Vitamin B2: 0.67mg (39.16%), Vitamin K: 36.57µg (34.82%), Iron: 5.11mg (28.36%), Potassium: 977.4mg (27.93%), Manganese: 0.51mg (25.74%), Folate: 94.72µg (23.68%), Vitamin E: 3.25mg (21.68%), Vitamin B1: 0.32mg (21.08%), Magnesium: 79.54mg (19.88%), Fiber: 4.42g (17.69%), Vitamin B5: 1.5mg (15.04%), Copper: 0.27mg (13.55%), Vitamin D: 0.48µg (3.23%)