



Round 2 -Ale and Onion Meatloaf

READY IN



75 min.

SERVINGS



6

CALORIES



881 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup beer
- 1.3 cups beer
- 0.5 cup bread crumbs
- 0.5 cup brown sugar
- 1 eggs
- 1 tablespoon garlic chopped
- 2 tablespoons grill seasoning
- 3 pounds ground beef
- 4 hamburger rolls toasted

- 0.3 cup catsup divided
- 2 onions red sliced
- 6 servings romaine lettuce
- 6 servings salt and pepper black freshly ground
- 0.5 cup cheddar shredded
- 0.5 cup water

Equipment

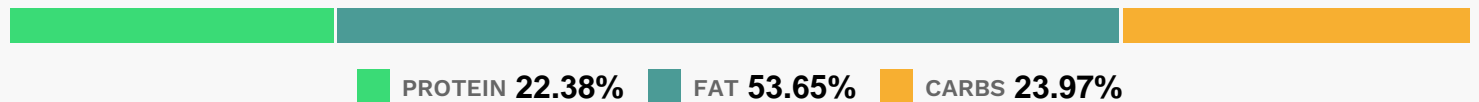
- bowl
- baking sheet
- sauce pan
- oven
- grill
- grill pan

Directions

- Preheat oven to 375 degrees F.
- In a large bowl mix together the ground beef with all ingredients, except 2 tablespoons ketchup. Form ground beef into a loaf shape on a baking sheet.
- Brush top and sides with remaining ketchup.
- Bake for 1 hour.
- Transfer to a serving platter and serve.
- In a medium saucepan add 1/2 cup water, beer, brown sugar, and red onions. Season with salt and pepper, to taste, and stir to combine. Bring to a boil then reduce to a simmer. Simmer, stirring occasionally for about 1 hour or until the mixture has thickened and has reduced to about 2 cups.
- Transfer to a bowl and set aside to cool completely.
- In a large bowl mix together the ground beef, beer and grill seasoning until well incorporated. Reserve half of the mixture for Round 2 Meatloaf recipe. Shape the remaining beef into 4 equal portions and flatten each portion.

- Place 2 tablespoons of cheese in the center of each and wrap the edges around the cheese to form a ball. Flatten each ball into patties.
- Place on platter and cover. Refrigerate if not cooking immediately.
- Set up grill or indoor grill pan for direct cooking over medium-high heat. When ready to start grilling, oil the grate.
- Place patties on the hot oiled grill and cook 4 to 5 minutes per side for medium.
- Serve over lettuce on toasted buns topped with red onion compote.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:10.39, Inflammation Score:-10, Nutrition Score:39.69913068025%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

Nutrients (% of daily need)

Calories: 881.08kcal (44.05%), Fat: 51.27g (78.87%), Saturated Fat: 19.89g (124.29%), Carbohydrates: 51.54g (17.18%), Net Carbohydrates: 47.98g (17.45%), Sugar: 25.24g (28.04%), Cholesterol: 197.72mg (65.91%), Sodium: 539.5mg (23.46%), Alcohol: 2.3g (100%), Alcohol %: 0.57% (100%), Protein: 48.13g (96.26%), Vitamin A: 7625.54IU (152.51%), Vitamin K: 104.8µg (99.81%), Vitamin B12: 5.12µg (85.32%), Selenium: 50.46µg (72.08%), Zinc: 10.61mg (70.71%), Vitamin B3: 12.22mg (61.08%), Phosphorus: 511.99mg (51.2%), Vitamin B6: 0.97mg (48.61%), Folate: 186.96µg (46.74%), Iron: 7.54mg (41.9%), Vitamin B2: 0.63mg (37.32%), Manganese: 0.6mg (29.94%), Potassium: 1030.03mg (29.43%), Vitamin B1: 0.43mg (28.95%), Calcium: 241.54mg (24.15%), Magnesium: 78.19mg (19.55%), Vitamin B5: 1.57mg (15.68%), Copper: 0.3mg (14.79%), Fiber: 3.56g (14.25%), Vitamin E: 1.45mg (9.64%), Vitamin C: 7.47mg (9.06%), Vitamin D: 0.43µg (2.87%)