



Savory Stuffed Meatloaf

 Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 stalk celery chopped
- 2 eggs divided
- 2 lb ground beef
- 0.3 tsp ground pepper black
- 0.5 cup a.1. original sauce divided
- 0.5 cup onions divided chopped
- 0.3 cup orange marmalade
- 1 tsp poultry seasoning

- 1 cup ritz crackers crushed finely
- 0.3 cup planters walnut halves divided

Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350F.
- Mix meat, 1 egg, 1/4 cup each steak sauce and onions, and pepper until blended. Pat into 12x10-inch rectangle on sheet of waxed paper.
- Reserve a few nuts for garnish. Chop remaining nuts; mix with cracker crumbs, celery, poultry seasoning, remaining egg and onions.
- Spread over meat mixture to within 1 inch of edges; press lightly into meat mixture to secure.
- Roll up, starting at one short end, removing waxed paper as meat is rolled. Press ends and edges of meat roll together to seal.
- Place in 13x9-inch pan sprayed with cooking spray.
- Bake 45 min. After about 35 min., bring marmalade and remaining steak sauce to boil in saucepan on low heat, stirring frequently.
- Spoon marmalade mixture over meatloaf.
- Bake 15 min. or until meatloaf is done (160F).
- Garnish with reserved nuts.
- Let stand 10 min. before slicing to serve.

Nutrition Facts

PROTEIN 21.3% FAT 59.97% CARBS 18.73%

Properties

Glycemic Index:4.44, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:4.14391307468%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 134.67kcal (6.73%), Fat: 8.93g (13.74%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 6.02g (2.19%), Sugar: 4.05g (4.5%), Cholesterol: 38.86mg (12.95%), Sodium: 111.1mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.27%), Vitamin B12: 0.81µg (13.46%), Zinc: 1.62mg (10.83%), Selenium: 6.74µg (9.64%), Vitamin B3: 1.68mg (8.4%), Phosphorus: 76.52mg (7.65%), Vitamin B6: 0.14mg (6.88%), Iron: 0.95mg (5.26%), Vitamin B2: 0.08mg (4.76%), Manganese: 0.07mg (3.54%), Potassium: 121.94mg (3.48%), Vitamin K: 2.89µg (2.76%), Copper: 0.05mg (2.63%), Vitamin B5: 0.26mg (2.6%), Magnesium: 9.65mg (2.41%), Vitamin B1: 0.03mg (2.25%), Folate: 8.72µg (2.18%), Vitamin E: 0.29mg (1.91%), Calcium: 17.03mg (1.7%), Fiber: 0.26g (1.02%)