



 **19%**
HEALTH SCORE

Spicy Butternut Squash Meatloaf

READY IN



60 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons olive oil extra virgin extra-virgin
- 0.8 cup onion diced yellow
- 2 garlic clove minced
- 1.3 cups butternut squash diced peeled
- 0.5 cup bacon diced
- 1.8 teaspoons sage fresh chopped
- 1 teaspoon pepper
- 1 serving coarse mustard
- 1.5 pounds ground pork

- 2.8 ounces parmesan grated
- 1 cup sandwich bread diced white
- 1 large eggs

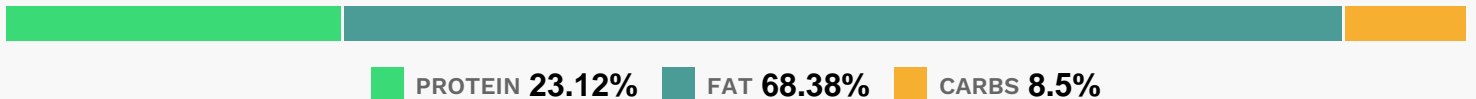
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees. In a medium skillet, heat oil over medium-high.
- Add onion, garlic, butternut squash, and pancetta and cook, stirring occasionally, until onion is soft and vegetables begin to brown, 5 minutes.
- Add sage and red-pepper flakes, season with salt and pepper, and cook, stirring, 1 minute.
- In a large bowl, combine pork, cheese, bread, and egg.
- Add vegetable mixture and season with 2 teaspoons salt and 1/2 teaspoon pepper. Using your hands, mix until ingredients are combined.
- Transfer to a parchment-lined rimmed baking sheet; form into a 4-by-10-inch loaf.
- Bake until meatloaf is cooked through, 40 minutes, rotating sheet halfway through.
- Let rest 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:31.8, Glycemic Load:3.25, Inflammation Score:-9, Nutrition Score:24.843913057576%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol:

0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 501.13kcal (25.06%), Fat: 37.77g (58.1%), Saturated Fat: 14.23g (88.92%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 9.22g (3.35%), Sugar: 2.1g (2.35%), Cholesterol: 134.49mg (44.83%), Sodium: 466.69mg (20.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.73g (57.46%), Copper: 1.88mg (94.21%), Vitamin A: 3568.81IU (71.38%), Vitamin B1: 0.98mg (65.16%), Selenium: 39.83µg (56.9%), Phosphorus: 361.7mg (36.17%), Vitamin B3: 6.56mg (32.79%), Vitamin B6: 0.61mg (30.58%), Vitamin B2: 0.4mg (23.46%), Zinc: 3.38mg (22.54%), Calcium: 218mg (21.8%), Vitamin B12: 1.12µg (18.71%), Potassium: 549.69mg (15.71%), Vitamin B5: 1.25mg (12.54%), Magnesium: 47.37mg (11.84%), Manganese: 0.24mg (11.77%), Iron: 2mg (11.13%), Vitamin C: 9.12mg (11.06%), Folate: 31.2µg (7.8%), Vitamin E: 0.99mg (6.61%), Fiber: 1.35g (5.4%), Vitamin D: 0.31µg (2.07%), Vitamin K: 1.87µg (1.78%)