



Spicy Meatloaf Sandwich

READY IN



110 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings bacon
- ☐ 4 servings cheese blue
- ☐ 0.5 cup breadcrumbs
- ☐ 4 brioche rolls
- ☐ 1 teaspoon cayenne pepper
- ☐ 4 servings cole slaw
- ☐ 1 eggs
- ☐ 1 pound ground beef grass-fed
- ☐ 1 teaspoon ground pepper black

- ☐ 1 jalapeño seeded chopped
- ☐ 2 tablespoons catsup
- ☐ 1 tablespoon sriracha mayo
- ☐ 4 servings grilled pickled jalapenos
- ☐ 4 servings creamy pimiento cheese
- ☐ 1 teaspoon salt
- ☐ 1 slices tomatoes
- ☐ 1 cup mexican tomato sauce your favorite
- ☐ 4 servings we always top with green onions. we love the color and the crunch!
- ☐ 3 tablespoons worcestershire sauce

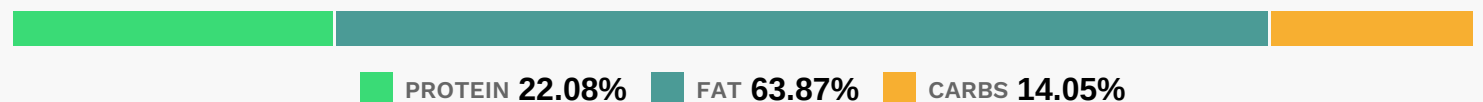
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 425 degrees F. In a large mixing bowl, mix the beef, salsa, breadcrumbs, 2 tablespoons Worcestershire, salt, pepper, 1/2 teaspoon cayenne, egg and jalapeno. Use your hands and mix well. Pat down into a loaf pan. Top with the ketchup, the remaining 1 tablespoon Worcestershire, and the remaining 1/2 teaspoon cayenne. Smooth over the top and bake until cooked through, about 1 hour.
- ☐ Remove from the oven and let cool for 30 minutes. Now this is where the recipe gets fun and you get to use your imagination!!! After the meatloaf cools, slice into 8 thin slices (use 2 slices for each sandwich). You can use any kind of bread. We use a brioche roll, but you can use a kaiser, country Italian or anything that will hold up a messy sandwich. Use some of our suggested toppings to perfect your meatloaf sandwich. Enjoy!

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:1.56, Inflammation Score:-7, Nutrition Score:23.129999761996%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 602.65kcal (30.13%), Fat: 42.59g (65.53%), Saturated Fat: 18.02g (112.63%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 18.86g (6.86%), Sugar: 6.8g (7.56%), Cholesterol: 160.71mg (53.57%), Sodium: 1820.08mg (79.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.27%), Vitamin B12: 3.05µg (50.8%), Selenium: 33.18µg (47.39%), Zinc: 6.37mg (42.5%), Phosphorus: 405.11mg (40.51%), Vitamin B3: 7.87mg (39.34%), Vitamin B6: 0.62mg (31.18%), Vitamin B2: 0.49mg (28.77%), Iron: 4.76mg (26.46%), Calcium: 248.21mg (24.82%), Potassium: 839.25mg (23.98%), Vitamin K: 21.48µg (20.46%), Vitamin A: 1012.28IU (20.25%), Vitamin B1: 0.29mg (19.26%), Vitamin C: 14.49mg (17.57%), Vitamin B5: 1.69mg (16.85%), Manganese: 0.32mg (15.8%), Vitamin E: 2.13mg (14.19%), Folate: 52.92µg (13.23%), Magnesium: 52.43mg (13.11%), Copper: 0.26mg (12.86%), Fiber: 2.21g (8.85%), Vitamin D: 0.57µg (3.81%)