

Stuffed Meatloaf

READY IN



45 min.

SERVINGS



2

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 1 large eggs
- ☐ 4 small balls mozzarella fresh
- ☐ 0.5 pound ground beef
- ☐ 1 tablespoon catsup
- ☐ 0.3 cup onion finely chopped
- ☐ 2 servings pepper freshly ground
- ☐ 2 servings salt
- ☐ 0.3 cup seasoned bread crumbs

- ☐ 0.5 teaspoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ knife
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ spatula
- ☐ slow cooker

Directions

- ☐ Coat the inside of a 3 1/2-quart slow cooker with cookingspray and prepare the aluminum foil sling.
- ☐ Beat the egg in a medium bowl. Stir in the onion,breadcrumbs, ketchup, Worcestershire sauce, and saltand pepper to taste in a small bowl.
- ☐ Add ground beef andcombine well. Form into two 5 x 3-inch ovals.
- ☐ Transfer oneoval to the center of the prepared slow cooker.
- ☐ Place the 4mozzarella balls evenly down the center of the meat. Movethe second oval on top of the mozzarella and press aroundthe edges to seal.
- ☐ Pour tomato sauce over meatloaf.
- ☐ Cover and cook on High for 3 hours. The meatloaf iscooked when an instant-read thermometer inserted into themiddle of the loaf registers 165 degrees.
- ☐ Remove cover, turn off slow cooker, and allow meatloaf torest 10 minutes. Gather the four strips of the sling toward thecenter and lift to remove the loaf to a serving platter. Slidemeatloaf off the foil with a spatula or knife.
- ☐ Serve warm.
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Nutrition Facts



 **PROTEIN 24.93%**  **FAT 55.77%**  **CARBS 19.3%**

Properties

Glycemic Index:65.5, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:20.041739152825%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 431.43kcal (21.57%), Fat: 26.7g (41.07%), Saturated Fat: 10.01g (62.58%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 17.97g (6.53%), Sugar: 7.61g (8.45%), Cholesterol: 175.24mg (58.41%), Sodium: 1144.06mg (49.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.85g (53.71%), Vitamin B12: 2.75µg (45.79%), Selenium: 29.58µg (42.25%), Zinc: 5.64mg (37.57%), Vitamin B3: 7mg (35.02%), Phosphorus: 301.72mg (30.17%), Vitamin B6: 0.58mg (29.12%), Vitamin B2: 0.44mg (26.1%), Iron: 4.63mg (25.73%), Potassium: 777.28mg (22.21%), Vitamin E: 2.52mg (16.79%), Manganese: 0.33mg (16.72%), Vitamin B1: 0.24mg (16.13%), Vitamin B5: 1.43mg (14.29%), Vitamin A: 709.09IU (14.18%), Copper: 0.27mg (13.65%), Folate: 52.5µg (13.12%), Vitamin C: 10.33mg (12.52%), Magnesium: 49.93mg (12.48%), Vitamin K: 12.72µg (12.12%), Fiber: 2.82g (11.3%), Calcium: 95.58mg (9.56%), Vitamin D: 0.62µg (4.14%)