



Stuffing Meat Loaf with Marmalade Glaze

 Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baby arugula
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 large eggs beaten
- ☐ 1.5 pounds ground beef (preferably chuck)
- ☐ 6 servings kosher salt and pepper black
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup orange marmalade
- ☐ 2 cups pepperidge farm sage and onion stuffing stuffing cooked roughly chopped

☐ 0.3 cup whole-grain mustard

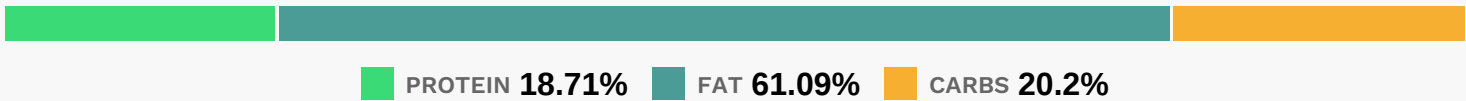
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400 F. In a large bowl, combine the beef, stuffing, egg, 3/4 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Transfer the mixture to a rimmed baking sheet and form it into a 9-inch loaf (about 2 1/2 inches thick).
- ☐ Bake for 30 minutes. In a small bowl, combine the marmalade and mustard.
- ☐ Spread on the meat loaf and continue to bake until cooked through, 15 to 20 minutes.
- ☐ Let rest for 10 minutes before slicing. Divide the arugula among plates.
- ☐ Drizzle with the oil and vinegar.
- ☐ Serve with the meat loaf. Tip: For a tender, juicy meat loaf, choose ground chuck (20 percent fat is ideal; its often labeled "80/20"). Ground sirloin and other lean cuts of beef tend to dry out.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:19.1895654357%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 508.02kcal (25.4%), Fat: 34.35g (52.85%), Saturated Fat: 10.81g (67.53%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 22.76g (8.28%), Sugar: 10.79g (11.99%), Cholesterol: 111.51mg (37.17%), Sodium: 729.25mg (31.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.68g (47.35%), Selenium: 56.44µg (80.62%), Vitamin B12: 2.51µg (41.79%), Zinc: 5.2mg (34.7%), Vitamin K: 35.96µg (34.25%), Vitamin B3: 5.91mg (29.55%), Phosphorus: 246.82mg (24.68%), Vitamin B6: 0.43mg (21.57%), Iron: 3.62mg (20.09%), Vitamin B2: 0.3mg (17.92%), Vitamin E: 2.29mg (15.25%), Vitamin A: 743.9IU (14.88%), Folate: 59.18µg (14.8%), Potassium: 467.36mg (13.35%), Manganese: 0.24mg (12.2%), Vitamin B1: 0.17mg (11.46%), Fiber: 2.79g (11.17%), Magnesium: 43.57mg (10.89%), Calcium: 91.62mg (9.16%), Vitamin B5: 0.87mg (8.72%), Copper: 0.16mg (7.98%), Vitamin C: 3.68mg (4.46%), Vitamin D: 0.28µg (1.87%)