



Three-Meat Meatloaf

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 1 cup beef broth
- 0.5 cup bread crumbs
- 2 carrots chopped
- 0.5 cup condensed tomato soup
- 0.5 teaspoon dijon mustard
- 2 eggs
- 2 tablespoons basil fresh minced

- 0.8 pound ground beef
- 0.5 teaspoon ground pepper black
- 0.5 pound sausage meat
- 1 pound pd of ground turkey
- 1 large onion chopped
- 0.5 teaspoon salt

Equipment

- bowl
- sauce pan
- oven
- loaf pan
- kitchen thermometer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Oil a 9x5-inch loaf pan.
- Place the onion and carrots into a saucepan, and pour in the beef broth. Bring to a boil over medium heat, and reduce heat to a simmer; cook, stirring often, until the vegetables are tender, about 8 minutes. Set the veggies and broth aside.
- In a large bowl, beat the eggs, and stir in bread crumbs, basil, salt, and black pepper. Allow the mixture to stand for 5 minutes to moisten the crumbs, and lightly mix in the turkey, beef, and pork sausage.
- Mix in the cooked onions, carrots, and beef broth.
- Place the mixture into the prepared loaf pan. In a bowl, mix the tomato soup, balsamic vinegar, and Dijon mustard together, and spread the mixture over the meat loaf.
- Bake until the loaf is no longer pink in the center and an instant-read meat thermometer reads at least 160 degrees F (70 degrees C), about 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:53.72, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:22.412608602773%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 432.57kcal (21.63%), Fat: 24.95g (38.39%), Saturated Fat: 8.69g (54.31%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 11.75g (4.27%), Sugar: 4.06g (4.51%), Cholesterol: 163.61mg (54.54%), Sodium: 813.03mg (35.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.48g (74.95%), Vitamin A: 3608.56IU (72.17%), Vitamin B3: 12.78mg (63.89%), Vitamin B6: 1.06mg (52.85%), Selenium: 32.93µg (47.04%), Phosphorus: 381.1mg (38.11%), Vitamin B12: 2.11µg (35.17%), Zinc: 4.97mg (33.11%), Potassium: 708.04mg (20.23%), Vitamin B2: 0.34mg (20.15%), Vitamin B1: 0.3mg (20.01%), Iron: 3.11mg (17.29%), Vitamin B5: 1.58mg (15.77%), Magnesium: 51.19mg (12.8%), Manganese: 0.22mg (10.79%), Folate: 36.84µg (9.21%), Copper: 0.17mg (8.39%), Vitamin K: 8.03µg (7.65%), Vitamin D: 1.14µg (7.63%), Fiber: 1.61g (6.42%), Vitamin C: 5.03mg (6.09%), Calcium: 60.04mg (6%), Vitamin E: 0.71mg (4.72%)