

(Toaster Oven) Meatloaf With Chili Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



989 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup chili sauce for glaze
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup parsley fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 1.5 pounds ground pork
- ☐ 1.5 pounds ground round
- ☐ 0.3 cup catsup for glaze

- ☐ 0.5 cup milk
- ☐ 2 small onion finely chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 slices sandwich bread white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ loaf pan
- ☐ kitchen thermometer
- ☐ toaster
- ☐ chefs knife

Directions

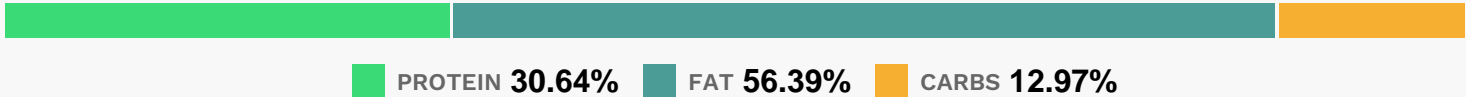
- ☐ Preheat toaster oven to 350°F, with rack at bottom. In a large bowl, pour milk over bread and let soak about 30 seconds.
- ☐ Add ground round, pork, onion, garlic, 1/4 cup chili sauce, 1/4 cup ketchup, parsley, Parmesan, eggs, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper. Using your hands, mix until combined, but do not overmix or your meatloaf will become dense.
- ☐ Divide mixture in half. Gently form each half into a log, placing one log in an 8 1/2-by-4 1/2-inch loaf pan. Do not press down or into corners. For other log, you may refrigerate (for up to 1 day) or freeze for later use.
- ☐ Bake 50 minutes.
- ☐ Mix together 1/8 cup of chili sauce and ketchup and the tablespoon of brown sugar.
- ☐ Brush glaze onto top of loaf; continue cooking until juices run clear and an instant-read thermometer inserted into thickest part registers 160°F, about 10 minutes more.
- ☐ Remove from oven; let rest 5 minutes. Turn loaf out of pan; slice into 3/4-inch-thick slices.

- ☐ Repeat step 3 for second loaf.
- ☐ Note: For even more crisp edge surface, you can form meat mixture into a loaf shape and bake directly drip pan.
- ☐ I decided to make my National Meatloaf Day meatloaf at the office. I figured, why not? We have a toaster oven. We have a sink. We have more counter space there than I have at my place. Plus, there's a Whole Foods a mere 3 blocks away. So after a quick mid-morning trip to the store and a bit of prep work, I had some of my mis en place
- ☐ The ingredients, more or less. Well, less. Less the chili sauce, white bread slices, salt and pepper, brown sugar, ketchup.
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- ☐ I brought in my chef's knife and a loaf pan, but I forgot to bring in my really big mixing bowl. Actually, I left the house with it that morning, but I remembered that we had this *fairly* large bowl at the office. It wasn't big enough, though. I really should have brought in my big bowl. In this bowl are all the ingredients. Ready to be mixed by hand.
- ☐ The recipe makes enough for two loaves. I only had on loaf pan, so I baked the one on the left and placed its less-fortunate, not-to-be-cooked "meathunk" in a Ziplock bag for cooking tomorrow.
- ☐ The recipe says to mix by hand but not to overdo it. Overmixing yields a tough meatloaf. I don't think I overmixed it.
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- ☐ One of the biggest struggles I have with meatloaf is keeping it from crumbling. Would mine hold together?
- ☐ No! It crumbled. Dagnabbit! I don't think I mixed thoroughly enough to distribute the torn bread and eggs as binder. I also will use finer breadcrumbs in the future. What I used were closer to nibblets you'd feed birds. So this looked good as a *loaf* but disintegrated at the touch of the knife. My failed attempt at meatloaf reminded me of that *other* Meatloaf—the fat singin' dude. Has Weird Al done a parody song sung to the tune of "I Would Do Anything for Love"? ... "I would eat anything for lunch. Yes, I would eat anything for lunch. But I won't eat that" Hmm ... The truth is, I did eat the meatloaf, even crumbly....
- ☐ My solution was to use "post-bake binding agents," aka two slices of bread. Which was fine, because I was able to move on to my favorite thing about meatloaf anyway—the Leftover—

Meatloaf Sandwich. Bonus: This one was warm, right out of the oven. While this meatloaf made the office smell great, nobody except me seemed to really dig in. Silence told me all I needed to know. This meatloaf was most assuredly not serious eats.

- ☐ Meatloaf II, Electric Toaster Oven Boogaloo
- ☐ The following day, I decided to make the second loaf. I had dropped the second ball of meatloaf mixture into a large Ziploc bag and refrigerated it. So, about an hour and a half before lunchtime, I grabbed it, let it sit outside the fridge to warm up a bit and then, remembering the disastrous first attempt, I mixed this loaf a little more. With only half the meat, there was room in the bowl to mix it easily. Anyway. Here's a picture of the toaster oven I've been using. She's a beaut, ain't she?

Nutrition Facts



Properties

Glycemic Index:50.44, Glycemic Load:10.59, Inflammation Score:-9, Nutrition Score:48.462608586187%

Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 989.25kcal (49.46%), Fat: 61.05g (93.92%), Saturated Fat: 23.83g (148.94%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 29.38g (10.68%), Sugar: 12.93g (14.37%), Cholesterol: 340.57mg (113.52%), Sodium: 1162.49mg (50.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.64g (149.29%), Vitamin K: 249.34µg (237.47%), Selenium: 89.67µg (128.1%), Vitamin B1: 1.53mg (101.92%), Vitamin B12: 5.51µg (91.76%), Vitamin B3: 18.02mg (90.08%), Zinc: 13.43mg (89.5%), Phosphorus: 837.08mg (83.71%), Vitamin B6: 1.54mg (76.84%), Vitamin B2: 0.99mg (58.26%), Iron: 7.93mg (44.07%), Potassium: 1428.25mg (40.81%), Vitamin A: 1762.37IU (35.25%), Vitamin C: 28.48mg (34.52%), Calcium: 304.16mg (30.42%), Vitamin B5: 2.96mg (29.61%), Magnesium: 100.52mg (25.13%), Folate: 91.46µg (22.87%), Manganese: 0.36mg (18.13%), Copper: 0.34mg (16.96%), Vitamin E: 1.61mg (10.74%), Fiber: 2.21g (8.86%), Vitamin D: 1.07µg (7.12%)