



Tomato-Basil Meatloaf

READY IN



10 min.

SERVINGS



8

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz canned tomatoes diced with basil, oregano, and garlic, drained canned
- ☐ 1 large eggs lightly beaten
- ☐ 1 pound ground beef
- ☐ 1 pound ground pork lean
- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 0.3 cup tomatoes
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 oz mozzarella cheese shredded

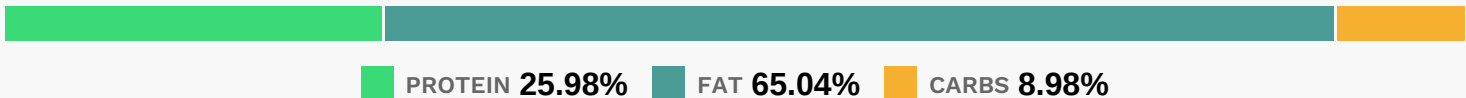
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Stir together ground chuck and pork in a large bowl.
- ☐ Process diced tomatoes in a blender or food processor 5 seconds or until slightly chunky, stopping to scrape down sides as needed. Stir tomatoes, marinara sauce, and next 4 ingredients into ground beef mixture just until combined.
- ☐ Shape into a 9- x 5-inch loaf; place meatloaf on a wire rack in an aluminum foil-lined jelly-roll pan.
- ☐ Bake at 375 for 1 hour. Top with mozzarella cheese, and bake 15 more minutes or until center is no longer pink.
- ☐ Let stand 5 minutes before serving.
- ☐ Note: To make ahead, prepare recipe as directed through Step Shape into a 9- x 5-inch loaf, and cover with plastic wrap and aluminum foil. Freeze up to 2 months. Thaw in refrigerator 24 hours. Uncover and proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:1.3, Inflammation Score:-3, Nutrition Score:15.1804348645%

Nutrients (% of daily need)

Calories: 362kcal (18.1%), Fat: 25.99g (39.98%), Saturated Fat: 10.04g (62.74%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 6.63g (2.41%), Sugar: 3.01g (3.34%), Cholesterol: 109.98mg (36.66%), Sodium: 596.8mg (25.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.72%), Selenium: 27.19µg (38.85%), Vitamin B1: 0.53mg (35.56%), Vitamin B12: 1.85µg (30.75%), Vitamin B3: 5.91mg (29.54%), Zinc: 4.14mg (27.61%), Vitamin B6: 0.51mg (25.49%), Phosphorus: 254.72mg (25.47%), Vitamin B2: 0.32mg (18.84%), Iron: 2.78mg (15.43%), Potassium: 525.63mg (15.02%), Manganese: 0.2mg (10.1%), Vitamin B5: 0.98mg (9.78%), Copper: 0.19mg (9.35%), Magnesium: 37.12mg (9.28%), Calcium: 86.72mg (8.67%), Vitamin E: 1.12mg (7.44%), Vitamin C: 5.97mg (7.24%), Vitamin K: 6.92µg (6.59%), Folate: 23.83µg (5.96%), Fiber: 1.44g (5.75%), Vitamin A: 251.32IU (5.03%), Vitamin D: 0.21µg (1.4%)