



Traditional “All-American” Meatloaf

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoon dark-brown sugar
- ☐ 4.5 teaspoon mustard dry
- ☐ 0.5 cup flat-leaf parsley fresh loosely packed
- ☐ 0.5 teaspoon rosemary fresh plus more needles for sprinkling chopped
- ☐ 2 clove garlic crushed peeled
- ☐ 8 ounce ground pork
- ☐ 8 ounce ground round
- ☐ 8 ounce ground veal

- ☐ 0.5 cup catsup
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon pepper freshly ground
- ☐ 2 teaspoon salt
- ☐ 1 teaspoon all the tabasco sauce you handle to taste
- ☐ 3 slice bread white

Equipment

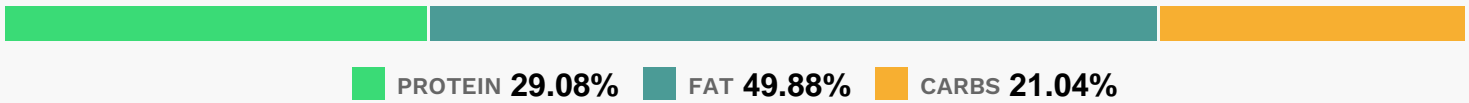
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ pastry brush

Directions

- ☐ Preheat oven to 400 degrees.
- ☐ Remove crusts from bread, and place slices in the bowl of a food processor. Process until fine crumbs form, about 10 seconds.
- ☐ Transfer breadcrumbs to a large mixing bowl. Do not substitute dried breadcrumbs in this step, as they will make your meatloaf rubbery.
- ☐ Place carrot, celery, yellow onion, garlic, and parsley in the bowl of the food processor. Process until vegetables have been minced, about 30 seconds, stopping to scrape down the sides of the bowl once or twice. (Chopping vegetables this way saves time and ensures that vegetables will be small enough to cook through and not be crunchy).
- ☐ Transfer vegetables to bowl with the breadcrumbs.

- ☐ Add ½ cup ketchup, 2 teaspoons dry mustard, pork, veal, beef, eggs, salt, pepper, Tabasco, and rosemary. Using your hands, knead the ingredients until thoroughly combined, about 1 minute. The texture should be wet, but tight enough to hold a free-form shape. Set a wire baking rack into an 11-by-17-inch baking pan.
- ☐ Cut a 5-by-11-inch piece of parchment paper, and place over center of rack to prevent meat loaf from falling through. Using your hands, form an elongated loaf covering the parchment. Alternatively you could put the meat into a loaf pan, but I like the crust that forms all over from this method.
- ☐ Place the remaining 3 tablespoons ketchup, remaining 2 ½ teaspoons mustard, and brown sugar in a bowl.
- ☐ Mix until smooth. Using a pastry brush, generously brush the glaze over loaf.
- ☐ Add oil to a medium saucepan set over high heat. When oil is quite hot, but not yet smoking, add red onion. Cook, stirring occasionally, until onion is soft and golden in places.
- ☐ Add 3 tablespoons water, and cook, stirring, until most of the water has evaporated. The onions should be jammy.
- ☐ Transfer them to a bowl to cool slightly, then sprinkle onion over the meatloaf (this step is optional).
- ☐ Bake the meatloaf for 30 minutes, then sprinkle rosemary needles on top. Continue baking loaf until an instant-read thermometer inserted into the center of the loaf registers 160 degrees; about 25 minutes more.
- ☐ Let meatloaf cool on rack, 15 minutes.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:4.57, Inflammation Score:-5, Nutrition Score:18.149565313173%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 321.98kcal (16.1%), Fat: 17.75g (27.31%), Saturated Fat: 6.03g (37.71%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 16.05g (5.83%), Sugar: 8.97g (9.97%), Cholesterol: 82.78mg (27.59%), Sodium: 1115.32mg (48.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.29g (46.58%), Vitamin K: 84.99µg (80.94%), Vitamin B3: 7.43mg (37.13%), Selenium: 25.01µg (35.73%), Zinc: 4.11mg (27.38%), Vitamin B1: 0.41mg (27.16%), Vitamin B12: 1.61µg (26.77%), Vitamin B6: 0.51mg (25.44%), Phosphorus: 249.37mg (24.94%), Vitamin B2: 0.32mg (19.07%), Iron: 2.53mg (14.07%), Potassium: 473.44mg (13.53%), Manganese: 0.22mg (11.04%), Vitamin B5: 1.1mg (10.98%), Vitamin A: 530.27IU (10.61%), Vitamin C: 8.65mg (10.49%), Magnesium: 39.08mg (9.77%), Folate: 34.95µg (8.74%), Copper: 0.15mg (7.26%), Vitamin E: 0.99mg (6.62%), Calcium: 62.95mg (6.3%), Fiber: 0.8g (3.22%)