



Tuscan Meatloaf with Mushroom Sauce

 Popular

READY IN



100 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 oz mushrooms wild dried
- 1 pound ground beef lean
- 1 tablespoon milk
- 1 square in of bread white
- 1 tablespoon onion yellow finely chopped
- 1 teaspoon salt
- 4 servings pepper black freshly ground
- 2 tablespoons unsmoked ham chopped

- 0.3 cup parmesan cheese freshly grated
- 0.3 teaspoon garlic minced
- 1 egg yolk lightly beaten
- 0.5 cup bread crumbs unflavored
- 4 tablespoons tomato paste
- 2 tablespoons olive oil extra virgin
- 1 tablespoon butter
- 0.3 cup cooking wine dry white

Equipment

- bowl
- frying pan
- paper towels
- whisk
- sieve
- casserole dish
- dutch oven
- cutting board

Directions

- Soak the dried mushrooms in two cups of lukewarm water for half an hour or more.
- Make the meatloaf mixture: In a bowl, break up the beef with a fork.
- In a small bowl, combine the milk and bread, and mash until creamy.
- Add the milk and bread to the meat, along with the onion, salt, pepper, prosciutto, cheese, and garlic.
- Mix thoroughly by hand.
- Mix in the lightly beaten egg yolk.
- Form in to a loaf shape: Shape meat into a firm, round ball; then roll this into a salami-like loaf about two and a half inches thick. Tap with your palm to drive out any air bubbles.

- Roll the loaf in the bread crumbs until evenly coated.
- Drain and chop the mushrooms:
- Drain the mushrooms (reserving the soaking water) and rinse them several times in clean, cold water. Chop the mushrooms roughly and set aside.
- Strain the soaking water through a fine sieve lined with paper towels.
- Whisk the tomato paste into the soaking liquid and set aside.
- Brown the meatloaf in butter:
- Heat the butter and oil in a Dutch oven or heavy casserole pan just big enough for the meat. Brown the meatloaf on all sides in the pan over medium heat after the butter foam subsides.
- Add the wine. Increase heat to medium high. Boil wine briskly until reduced one half, turning meatloaf carefully once or twice.
- Add the chopped mushrooms and tomato mushroom water: Turn heat to medium low and add chopped mushrooms.
- Add the tomato paste mushroom water to the meat and mushrooms.
- Cover and cook at a simmer for 30 minutes, turning the meat once or twice.
- Let rest on a cutting board before slicing: Carefully remove meat to a cutting board. Allow it to cool slightly and settle.
- Cut into slanted slices about 3/8 of an inch thick.
- If the sauce seems thin, concentrate it by boiling rapidly for a few minutes.
- Pour a little sauce on a warm serving platter, arrange the meat slices, then cover the remainder of the sauce.

Nutrition Facts

 PROTEIN **31.93%**  FAT **52.22%**  CARBS **15.85%**

Properties

Glycemic Index:85.94, Glycemic Load:1.48, Inflammation Score:-5, Nutrition Score:19.305652100107%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 413.15kcal (20.66%), Fat: 22.94g (35.3%), Saturated Fat: 8.28g (51.76%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 14.19g (5.16%), Sugar: 3.59g (3.99%), Cholesterol: 139.01mg (46.34%), Sodium: 1105.49mg (48.06%), Alcohol: 2.06g (100%), Alcohol %: 1.21% (100%), Protein: 31.57g (63.13%), Vitamin B12: 2.86µg (47.61%), Selenium: 32.45µg (46.36%), Zinc: 6.75mg (44.98%), Vitamin B3: 8.48mg (42.39%), Phosphorus: 362.98mg (36.3%), Vitamin B6: 0.57mg (28.53%), Iron: 4.21mg (23.41%), Vitamin B2: 0.39mg (22.82%), Potassium: 687.89mg (19.65%), Vitamin B1: 0.23mg (15.66%), Vitamin E: 2.3mg (15.34%), Calcium: 130.5mg (13.05%), Vitamin B5: 1.27mg (12.74%), Manganese: 0.25mg (12.32%), Copper: 0.24mg (11.98%), Magnesium: 45.85mg (11.46%), Vitamin A: 477.87IU (9.56%), Folate: 32.59µg (8.15%), Vitamin K: 7.96µg (7.58%), Fiber: 1.48g (5.93%), Vitamin C: 4.05mg (4.9%), Vitamin D: 0.5µg (3.31%)