



Veal Meat Loaf

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots grated
- ☐ 1 cup bread crumbs dry
- ☐ 1 ounce onion soup mix dry
- ☐ 2 eggs lightly beaten
- ☐ 2 pounds ground veal
- ☐ 1 pint mushroom caps sliced
- ☐ 0.5 cup warm water

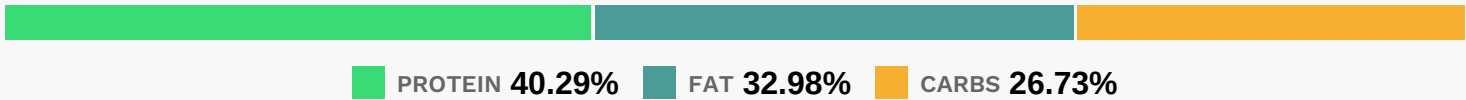
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a bowl, mix the ground veal, eggs, dry bread crumbs, water, soup mix, carrots, and shiitake mushrooms.
- ☐ Transfer to a 9x5 inch loaf pan.
- ☐ Bake 1 hour in the preheated oven, or to a minimum internal temperature of 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:20.399565287258%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 270.22kcal (13.51%), Fat: 9.78g (15.05%), Saturated Fat: 3.68g (23%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 15.02g (5.46%), Sugar: 3.3g (3.67%), Cholesterol: 133.91mg (44.64%), Sodium: 510.5mg (22.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.89g (53.78%), Vitamin A: 3067.01IU (61.34%), Vitamin B3: 11.93mg (59.65%), Vitamin B6: 0.72mg (35.94%), Phosphorus: 354.27mg (35.43%), Vitamin B2: 0.56mg (32.9%), Zinc: 4.5mg (30.01%), Selenium: 19.53µg (27.9%), Vitamin B12: 1.66µg (27.74%), Vitamin B5: 2.7mg (26.95%), Potassium: 661.8mg (18.91%), Manganese: 0.34mg (17.21%), Vitamin B1: 0.26mg (17.09%), Copper: 0.27mg (13.65%), Magnesium: 50.6mg (12.65%), Iron: 2.13mg (11.81%), Folate: 45.47µg (11.37%), Fiber: 2.82g (11.3%), Calcium: 60.51mg (6.05%), Vitamin E: 0.54mg (3.63%), Vitamin K: 3.35µg (3.19%), Vitamin D: 0.46µg (3.04%), Vitamin C: 1.18mg (1.43%)