

Venison meatloaf

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 bacon thin
- ☐ 1 kg venison minced
- ☐ 1 small onion finely chopped
- ☐ 2 pork sausage
- ☐ 1 tbsp thyme sprigs fresh
- ☐ 50 g breadcrumbs fresh
- ☐ 1 tbsp coarse mustard
- ☐ 1 tablespoon worcestershire sauce

☐ 1 eggs

Equipment

☐ bowl

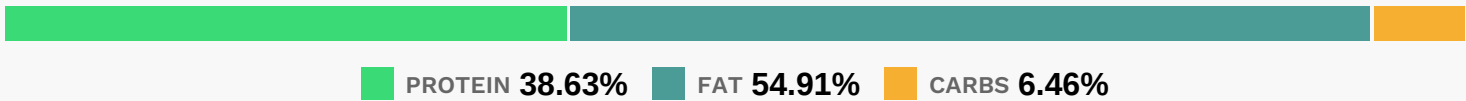
☐ oven

☐ knife

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Stretch out the bacon with the back of a knife, then trim off and finely chop any stray bits. Line a 900g loaf tin with the bacon, leaving an overhang, and set aside. Tip the rest of the ingredients into a bowl and scrunch well with your hands.
- ☐ Pack the mix into the tin, pat down well and wrap over the bacon.
- ☐ Put the tin on a tray and bake in the middle of the oven for 1 hr 15 mins or until firm and cooked through. Leave to rest for at least 15 mins, then serve sliced – or leave to cool completely and serve sliced cold for a buffet with salad, or stuffed into a roll. Either way, Cumberland sauce is a must (see tip, below).

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:26.064347806184%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 550.94kcal (27.55%), Fat: 32.74g (50.38%), Saturated Fat: 11.09g (69.33%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 7.82g (2.84%), Sugar: 1.36g (1.51%), Cholesterol: 225.11mg (75.04%), Sodium: 752.16mg (32.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.84g (103.68%), Vitamin B12: 11.15µg (185.85%),

Vitamin B3: 14.78mg (73.92%), Vitamin B2: 0.96mg (56.63%), Phosphorus: 488.17mg (48.82%), Vitamin B1: 0.69mg (45.86%), Vitamin B6: 0.89mg (44.57%), Selenium: 30.28µg (43.26%), Iron: 7.21mg (40.08%), Zinc: 5.1mg (33.98%), Copper: 0.51mg (25.5%), Potassium: 787.54mg (22.5%), Magnesium: 57.95mg (14.49%), Manganese: 0.2mg (9.96%), Vitamin B5: 0.68mg (6.82%), Folate: 22.55µg (5.64%), Vitamin D: 0.81µg (5.42%), Vitamin E: 0.69mg (4.61%), Calcium: 45.29mg (4.53%), Vitamin C: 3.37mg (4.09%), Fiber: 0.84g (3.38%), Vitamin A: 143.8IU (2.88%), Vitamin K: 2.67µg (2.54%)