



Yummy Mummy Meatloaf

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 can olives black pitted
- ☐ 0.3 cup brown sugar
- ☐ 1 cup breadcrumbs dry
- ☐ 1 eggs
- ☐ 3 ounce mozzarella
- ☐ 1.5 pounds ground beef
- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 cup catsup

- ☐ 1 cup milk
- ☐ 0.5 teaspoon mustard prepared
- ☐ 1 medium onion chopped
- ☐ 8 ounces pappardelle
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup water

Equipment

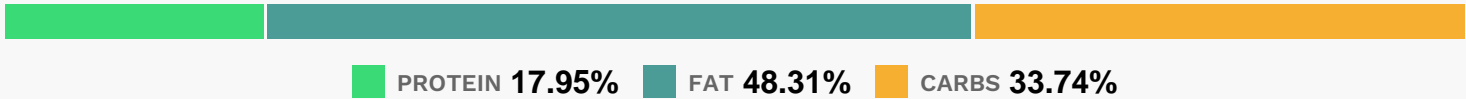
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Heat the oven to 350°F. Lightly oil a 10 x 13-inch (or 10-inch round) baking dish.
- ☐ Combine the meat, egg, onion, milk, breadcrumbs, salt, and pepper in a large bowl. Shape the mixture into a 10-inch round dome and place it in the baking dish.
- ☐ Mix the 1/3 cup ketchup, 2 tablespoons brown sugar, and 2 tablespoons prepared mustard in a small bowl until blended.
- ☐ Spread the mixture over the meatloaf.
- ☐ Bake for 1 hour.
- ☐ Transfer the meatloaf to a wire rack and let rest for 20 minutes.
- ☐ Cook the pappardelle according to the package directions; drain and keep warm while meatloaf rests.
- ☐ Combine all the ingredients in a small saucepan. Cook over medium heat, stirring, until bubbly and thickened, about 3 minutes. Keep warm until ready to serve.
- ☐ Remove the meatloaf from the pan and place on a serving plate.
- ☐ Cut the mozzarella ball in half.

- ☐
- Layer the pasta strands one by one over the meatloaf to look like a mummy’s wrappings, adding the mozzarella and two olives for eyes as shown. Surround the meatloaf with more olives.
- ☐
- Serve with the sauce on the side.
- ☐
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Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:12.49, Inflammation Score:-6, Nutrition Score:24.746086939521%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 748.77kcal (37.44%), Fat: 40.49g (62.29%), Saturated Fat: 13.55g (84.67%), Carbohydrates: 63.63g (21.21%), Net Carbohydrates: 59g (21.45%), Sugar: 20.37g (22.64%), Cholesterol: 155.62mg (51.87%), Sodium: 1722.78mg (74.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.84g (67.68%), Selenium: 57.91µg (82.72%), Vitamin B12: 3.21µg (53.46%), Zinc: 6.52mg (43.46%), Phosphorus: 422.34mg (42.23%), Vitamin B3: 7.46mg (37.31%), Vitamin B6: 0.61mg (30.3%), Manganese: 0.57mg (28.72%), Vitamin B2: 0.46mg (27.28%), Iron: 4.52mg (25.09%), Vitamin E: 3.66mg (24.42%), Calcium: 243.81mg (24.38%), Vitamin B1: 0.34mg (22.88%), Potassium: 667.34mg (19.07%), Fiber: 4.63g (18.53%), Magnesium: 71.81mg (17.95%), Copper: 0.36mg (17.76%), Vitamin B5: 1.36mg (13.63%), Folate: 50.86µg (12.71%), Vitamin A: 634.98IU (12.7%), Vitamin D: 0.88µg (5.85%), Vitamin K: 5.85µg (5.57%), Vitamin C: 2.59mg (3.14%)