

# Italian Meatloaf

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## Servings: 6

1 1/2 slices white bread  
3 tablespoons milk  
1/2 medium yellow onion, chopped  
8 ounces button mushrooms, chopped  
1 1/2 pounds ground chuck  
1 egg  
1/2 cup Parmigiano-Reggiano cheese,  
grated  
1/2 teaspoon salt  
freshly ground black pepper  
12 cherry tomatoes, halved

Preheat the oven to 375 degrees.

In a bowl, combine the milk and the bread. Soak for 5 minutes.

In a bowl, combine the bread mixture, onion, mushrooms, beef, egg, cheese, salt, pepper and one-half of the tomatoes. Mix with your hands. Shape into a loaf in a baking dish. Scatter the remaining tomatoes over the top.

Bake for 40 minutes or until the meat registers 160 degrees.

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Per Serving (excluding unknown items): 353 Calories; 25g Fat (64.7% calories from fat); 23g Protein; 8g Carbohydrate; 1g Dietary Fiber; 122mg Cholesterol; 310mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	353
% Calories from Fat:	64.7%
% Calories from Carbohydrates:	8.9%
% Calories from Protein:	26.4%
Total Fat (g):	25g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	122mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	2.8mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	30mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
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**Protein (g):** 23g  
**Sodium (mg):** 310mg  
**Potassium (mg):** 556mg  
**Calcium (mg):** 36mg  
**Iron (mg):** 7mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 262IU  
**Vitamin A (r.e.):** 35 1/2RE

**Lean Meat:** 3  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 353                      **Calories from Fat:** 228

### % Daily Values\*

<b>Total Fat</b> 25g	38%
Saturated Fat 10g	50%
<b>Cholesterol</b> 122mg	41%
<b>Sodium</b> 310mg	13%
<b>Total Carbohydrates</b> 8g	3%
Dietary Fiber 1g	5%
<b>Protein</b> 23g	
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<b>Vitamin A</b>	5%
<b>Vitamin C</b>	14%
<b>Calcium</b>	4%
<b>Iron</b>	39%

\* Percent Daily Values are based on a 2000 calorie diet.