

Parsley Meat Loaf

Jeanette Thompson - Lexington, KY
Southern Living - 1987 Annual Recipes

Servings: 10

2 pounds ground chuck
1 1/4 cups soft breadcrumbs
1 cup fresh parsley, chopped
3/4 cup onion, chopped
1 egg, beaten
2 tablespoons green pepper, chopped
1 large clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon dried whole thyme
1/2 teaspoon freshly ground pepper
1/4 teaspoon ground allspice
1/8 teaspoon ground nutmeg
1/8 teaspoon red pepper
3 bay leaves
1 tablespoon ketchup

Preheat oven to 350 degrees.

In a bowl, combine the ground chuck, breadcrumbs, parsley, onion, egg, green pepper, garlic, salt, thyme, pepper, allspice, nutmeg and red pepper.

Shape into a loaf and place in a 9x5x3-inch two-piece loafpan with drain holes in the bottom. Arrange bay leaves on top.

Bake for one hour and 20 to 25 minutes or until done.

Remove from the pan and discard the bay leaves.

Spread catsup over the meat loaf.

Per Serving (excluding unknown items): 272 Calories; 20g Fat (66.1% calories from fat); 18g Protein; 5g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 228mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	272	Vitamin B6 (mg):	.3mg
% Calories from Fat:	66.1%	Vitamin B12 (mcg):	2.2mcg
% Calories from Carbohydrates:	7.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	26.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	20g	Folacin (mcg):	24mcg
Saturated Fat (g):	8g	Niacin (mg):	4mg

Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 89mg
Carbohydrate (g): 5g
Dietary Fiber (g): 1g
Protein (g): 18g
Sodium (mg): 228mg
Potassium (mg): 317mg
Calcium (mg): 31mg
Iron (mg): 2mg
Zinc (mg): 4mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 371IU
Vitamin A (r.e.): 41 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 272 **Calories from Fat:** 180

% Daily Values*

Total Fat 20g			30%
Saturated Fat 8g			39%
Cholesterol 89mg			30%
Sodium 228mg			10%
Total Carbohydrates 5g			2%
Dietary Fiber 1g			3%
Protein 18g			
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Vitamin A			7%
Vitamin C			18%
Calcium			3%
Iron			13%

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