

Baked Alaska Meat Loaf

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 6

*2 pounds lean ground chuck
2 eggs, slightly beaten
2 scant tablespoons salt
1/8 teaspoon pepper
1 1/2 cups soft bread crumbs
1/4 cup onion, minced
1 1/2 teaspoons fresh oregano,
chopped
1 1/2 teaspoons fresh basil, chopped
2 tablespoons parsley, minced
3 1/2 cups fresh mashed potatoes
(instant will do)
2 egg yolks
paprika
Parmesan cheese (optional)*

Preheat the oven to 400 degrees.

In a mixing bowl, blend well the meat, eggs, salt, pepper, crumbs, onion, oregano, basil and parsley. Pack firmly into a round ovenproof bowl.

Bake for one hour and 20 minutes.

Drain off the liquid. Invert the bowl on a wire rack to drain completely. Pat the loaf dry with paper towels. Slide it into a shallow casserole or a Pyrex pie plate somewhat larger than the loaf.

In the meantime, prepare the mashed potatoes (or use an eight-serving box of instant). Beat them until they are fluffy. Beat in the egg yolks.

Frost the meat loaf thickly with the potatoes. Sprinkle with paprika and grated Parmesan. Return the meat loaf back into the oven.

Bake for 25 to 30 minutes or until the surface is golden.

(Serve with green peas mixed with tiny white onions.)

Per Serving (excluding unknown items): 78 Calories; 4g Fat (44.7% calories from fat); 4g Protein; 7g Carbohydrate; trace Dietary Fiber; 142mg Cholesterol; 798mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	78	Vitamin B6 (mg):	.1mg
% Calories from Fat:	44.7%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	34.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	4g	Folacin (mcg):	23mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	142mg	% Refuse:	n n%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	1/2
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	798mg	Vegetable:	0
Potassium (mg):	61mg	Fruit:	0
Calcium (mg):	37mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	266IU		
Vitamin A (r.e.):	63 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 78 **Calories from Fat:** 35

% Daily Values*

Total Fat 4g	6%
Saturated Fat 1g	6%
Cholesterol 142mg	47%
Sodium 798mg	33%
Total Carbohydrates 7g	2%
Dietary Fiber trace	2%
Protein 4g	
Vitamin A	5%
Vitamin C	4%
Calcium	4%
Iron	5%

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