



Bacon-Cheddar Meatloaf

READY IN



90 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 0.3 cup breadcrumbs fine
- 2 large eggs lightly beaten
- 2 medium garlic clove finely chopped
- 2 pounds ground beef (15 to 20 percent fat content)
- 0.3 cup catsup
- 1.5 teaspoons kosher salt
- 0.3 cup parsley fresh italian coarsely chopped
- 1 ounce sharp cheddar cheese shredded

- 2 tablespoons worcestershire sauce
- 0.8 cup onion yellow grated

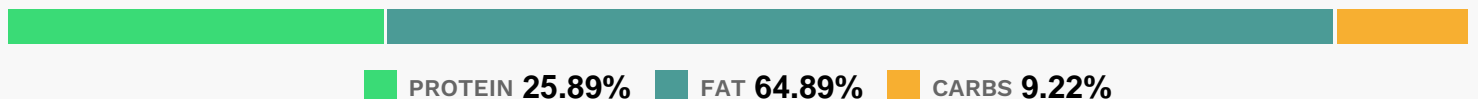
Equipment

- bowl
- baking sheet
- oven
- wire rack
- kitchen thermometer
- aluminum foil

Directions

- Heat the oven to 375°F and arrange a rack in the middle. Line a rimmed baking sheet with aluminum foil, and turn up the edges of the foil to catch the grease as the meatloaf cooks; set aside.
- Place all of the ingredients except the bacon in a large bowl. Using clean hands, mix everything until just combined (don't squeeze or overwork the mixture).
- Transfer the mixture to the center of the prepared baking sheet. Using your hands, form it into a 9-by-5-inch loaf. Drape the bacon slices diagonally over the loaf, laying them side by side, trimming as necessary, and making sure that the entire surface of the loaf is covered.
- Bake until the bacon is just starting to crisp and an instant-read thermometer inserted into the center registers 160°F, about 50 minutes. Set the oven to broil and broil until the bacon is completely browned and crisp, about 3 minutes more.
- Transfer the baking sheet to a wire rack and let the meatloaf rest for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:19.187391364056%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 473.98kcal (23.7%), Fat: 33.74g (51.91%), Saturated Fat: 13.1g (81.9%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 10.02g (3.64%), Sugar: 4.64g (5.16%), Cholesterol: 174.08mg (58.03%), Sodium: 967.22mg (42.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.29g (60.59%), Vitamin B12: 3.45µg (57.5%), Zinc: 6.89mg (45.9%), Selenium: 30.65µg (43.79%), Vitamin K: 45.28µg (43.13%), Vitamin B3: 7mg (35.01%), Phosphorus: 317.13mg (31.71%), Vitamin B6: 0.59mg (29.3%), Iron: 4.05mg (22.49%), Vitamin B2: 0.38mg (22.23%), Potassium: 578.1mg (16.52%), Vitamin B5: 1.11mg (11.1%), Calcium: 97.95mg (9.79%), Magnesium: 37.47mg (9.37%), Vitamin B1: 0.14mg (9.05%), Vitamin A: 423.13IU (8.46%), Folate: 33.56µg (8.39%), Manganese: 0.17mg (8.27%), Copper: 0.16mg (7.97%), Vitamin C: 6.4mg (7.76%), Vitamin E: 1.06mg (7.07%), Vitamin D: 0.51µg (3.42%), Fiber: 0.77g (3.08%)