



Bacon-Cheddar Meatloaf

READY IN



90 min.

SERVINGS



6

CALORIES



649 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

- 7 slices bacon thick-cut
- 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



PROTEIN 22.2% **FAT 70.74%** **CARBS 7.06%**

Properties

Glycemic Index:24.67, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:21.776087014571%

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: 649.12kcal (32.46%), Fat: 50.41g (77.55%), Saturated Fat: 18.69g (116.8%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 10.55g (3.84%), Sugar: 4.64g (5.16%), Cholesterol: 201.8mg (67.27%), Sodium: 1245.26mg (54.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.59g (71.19%), Vitamin B12: 3.66µg (61%), Selenium: 39.09µg (55.85%), Zinc: 7.38mg (49.2%), Vitamin B3: 8.69mg (43.45%), Vitamin K: 45.28µg (43.13%), Phosphorus: 377.61mg (37.76%), Vitamin B6: 0.7mg (34.89%), Vitamin B2: 0.41mg (24.23%), Iron: 4.22mg (23.45%), Potassium: 661.26mg (18.89%), Vitamin B1: 0.25mg (16.78%), Vitamin B5: 1.34mg (13.43%), Magnesium: 42.51mg (10.63%), Calcium: 100.05mg (10%), Copper: 0.18mg (8.85%), Vitamin A: 438.67IU (8.77%), Manganese: 0.17mg (8.5%), Folate: 33.56µg (8.39%), Vitamin E: 1.24mg (8.27%), Vitamin C: 6.4mg (7.76%), Vitamin D: 0.68µg (4.54%), Fiber: 0.77g (3.08%)