



Bacon-Cheeseburger Meat Loaf

 Gluten Free

READY IN



81 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large egg whites
- 0.5 teaspoon garlic powder
- 1.5 pounds ground round
- 0.3 cup catsup
- 1.5 tablespoons catsup
- 1 teaspoon mustard prepared
- 2 tablespoons mustard prepared
- 0.5 cup quick-cooking oats

- 0.5 teaspoon salt
- 2 ounces sharp cheddar cheese shredded 2% reduced-fat
- 3 slices center-cut bacon crumbled cooked
- 1 teaspoon worcestershire sauce

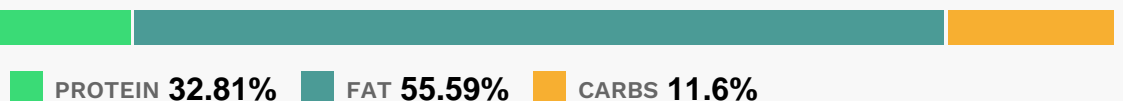
Equipment

- bowl
- oven
- whisk
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 350
- Combine first 6 ingredients in a large bowl, stirring with a whisk. Stir in oats. Crumble beef over oat mixture; stir just until blended.
- Shape mixture into an 8 x 4-inch loaf; place on rack of a broiler pan coated with cooking spray.
- Bake at 350 for 50 minutes.
- Combine 1 1/2 tablespoons ketchup and 1 teaspoon mustard; brush over loaf.
- Sprinkle with cheese and bacon.
- Bake an additional 10 minutes or until a thermometer registers 160
- Let stand 10 minutes; cut into 6 slices.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:2.67, Inflammation Score:-3, Nutrition Score:15.798695553904%

Flavonoids

Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 366.39kcal (18.32%), Fat: 22.4g (34.46%), Saturated Fat: 8.9g (55.64%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 9.55g (3.47%), Sugar: 4.03g (4.48%), Cholesterol: 95.04mg (31.68%), Sodium: 700.32mg (30.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.74g (59.49%), Selenium: 31.78µg (45.4%), Vitamin B12: 2.71µg (45.1%), Zinc: 6.29mg (41.91%), Vitamin B3: 6.83mg (34.17%), Phosphorus: 322.83mg (32.28%), Vitamin B6: 0.52mg (25.76%), Vitamin B2: 0.32mg (19.02%), Iron: 3.17mg (17.63%), Manganese: 0.35mg (17.51%), Potassium: 516.82mg (14.77%), Magnesium: 52.19mg (13.05%), Vitamin B1: 0.15mg (10.11%), Calcium: 92.89mg (9.29%), Vitamin B5: 0.91mg (9.1%), Copper: 0.14mg (7.11%), Vitamin E: 0.83mg (5.54%), Vitamin A: 193.92IU (3.88%), Fiber: 0.96g (3.84%), Folate: 13.53µg (3.38%), Vitamin K: 1.96µg (1.87%), Vitamin D: 0.24µg (1.61%), Vitamin C: 0.86mg (1.04%)