



## Bacon Cheeseburger Meatloaf

READY IN



70 min.

SERVINGS



3

CALORIES



1242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup bread crumbs toasted
- 10 slices bacon crumbled cooked
- 2 large eggs lightly beaten
- 3 ounce fried onions french canned
- 1 pound ground beef
- 0.3 teaspoon ground pepper black
- 0.3 cup catsup
- 0.3 cup mayonnaise
- 2 tablespoons mustard prepared

- 0.3 teaspoon salt
- 8 ounce sharp cheddar grated
- 1 tablespoon worcestershire sauce

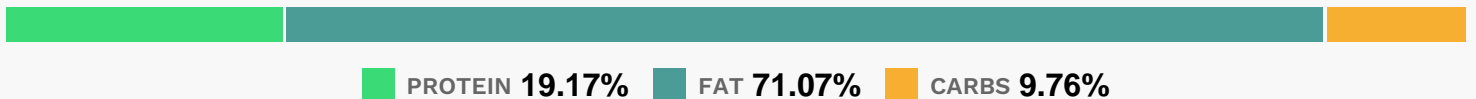
## Equipment

- bowl
- oven
- loaf pan
- broiler pan

## Directions

- Preheat oven to 350 degrees F.
- In a large bowl, combine the ground chuck and next 8 ingredients, mixing well.
- In a small bowl, combine the ketchup and mustard. Stir 1/4 cup ketchup mixture into meat mixture, reserving remaining ketchup mixture.
- Press meat mixture into a 9 by 5 by 3-inch loaf pan, or shape into a loaf and place on a rack in a broiler pan.
- Spread remaining ketchup mixture over loaf.
- Bake 40 minutes. Top with French fried onions; bake another 10 to 15 minutes, or until meat is no longer pink.

## Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:33.619130404099%

## Flavonoids

Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 1242.43kcal (62.12%), Fat: 97.06g (149.32%), Saturated Fat: 38.58g (241.12%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 29.01g (10.55%), Sugar: 7.43g (8.25%), Cholesterol: 341.19mg (113.73%), Sodium: 2130.97mg (92.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.92g (117.83%), Selenium: 74.15µg (105.93%), Phosphorus: 794.77mg (79.48%), Vitamin B12: 4.68µg (77.97%), Zinc: 10.62mg (70.81%), Calcium: 618.48mg (61.85%), Vitamin B3: 10.33mg (51.66%), Vitamin B2: 0.87mg (51.16%), Vitamin B6: 0.8mg (40.09%), Vitamin K: 36.94µg (35.18%), Iron: 4.94mg (27.42%), Vitamin B1: 0.36mg (24.3%), Potassium: 804.41mg (22.98%), Vitamin A: 1108.79IU (22.18%), Vitamin B5: 2.01mg (20.07%), Vitamin E: 2.7mg (17.99%), Magnesium: 71.73mg (17.93%), Folate: 56.27µg (14.07%), Copper: 0.24mg (11.97%), Manganese: 0.21mg (10.59%), Vitamin D: 1.42µg (9.44%), Fiber: 0.96g (3.83%), Vitamin C: 1.87mg (2.27%)