



WHATSheATE



Bacon Cheeseburger Meatloaf

♥ Popular

READY IN



80 min.

SERVINGS



6

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 slices bacon
- ☐ 0.3 cup bread crumbs dry
- ☐ 2 eggs beaten
- ☐ 3 ounce french-fried onions canned
- ☐ 1 pound ground beef chuck
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup catsup
- ☐ 0.3 cup mayonnaise

- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cheddar cheese shredded
- ☐ 1 tablespoon worcestershire sauce
- ☐ 2 tablespoons mustard yellow prepared

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on paper towels. When cool, crumble into a large bowl.
- ☐ Mix ketchup and mustard in a bowl.
- ☐ Thoroughly combine 1/4 the ketchup mixture, ground chuck, Cheddar cheese, eggs, bread crumbs, mayonnaise, Worcestershire sauce, salt, and black pepper with crumbled bacon in bowl; pat the mixture into a 5x9-inch loaf pan.
- ☐ Spread remaining ketchup mixture evenly over top of meatloaf.
- ☐ Bake in the preheated oven until the meatloaf is no longer pink inside, about 45 minutes.
- ☐ Spread French-fried onions over the top of the loaf and return to oven until onions are browned and an instant-read meat thermometer inserted into the center of the loaf reads at least 160 degrees F (70 degrees C), 10 to 15 more minutes.

Nutrition Facts



 PROTEIN **16.7%**  FAT **74.63%**  CARBS **8.67%**

Properties

Glycemic Index:23.5, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:17.087826169055%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 708.86kcal (35.44%), Fat: 58.21g (89.56%), Saturated Fat: 22.5g (140.64%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 14.73g (5.36%), Sugar: 3.71g (4.12%), Cholesterol: 174.15mg (58.05%), Sodium: 1081.38mg (47.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.63%), Selenium: 37.07µg (52.96%), Phosphorus: 394.49mg (39.45%), Vitamin B12: 2.36µg (39.32%), Zinc: 5.31mg (35.4%), Calcium: 308.49mg (30.85%), Vitamin B3: 5.24mg (26.19%), Vitamin B2: 0.42mg (24.97%), Vitamin B6: 0.42mg (21.18%), Vitamin K: 18.46µg (17.58%), Vitamin B1: 0.21mg (13.86%), Iron: 2.46mg (13.65%), Potassium: 405.51mg (11.59%), Vitamin A: 552.23IU (11.04%), Vitamin B5: 1.03mg (10.27%), Vitamin E: 1.43mg (9.53%), Magnesium: 35.89mg (8.97%), Folate: 27.2µg (6.8%), Copper: 0.12mg (5.98%), Manganese: 0.11mg (5.32%), Vitamin D: 0.76µg (5.07%), Fiber: 0.48g (1.91%), Vitamin C: 0.94mg (1.13%)