



Bacon Chili Cheeseburger Meatloaf

READY IN



155 min.

SERVINGS



8

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons ancho chile powder
- 2 teaspoons pepper black freshly ground
- 1 cup bread crumbs
- 1 teaspoon chili powder
- 2 eggs beaten
- 1 teaspoon garlic powder
- 1 teaspoon ground ancho chile pepper
- 1 teaspoon ground cumin
- 2 pounds ground sirloin

- 0.5 cup catsup
- 4 ounces pepper jack cheese shredded
- 1 teaspoon salt
- 4 ounces cheddar cheese shredded extra-sharp
- 1 onion sweet chopped vidalia® (such as)
- 12 ounce center-cut bacon smoked diced
- 1 tablespoon worcestershire sauce

Equipment

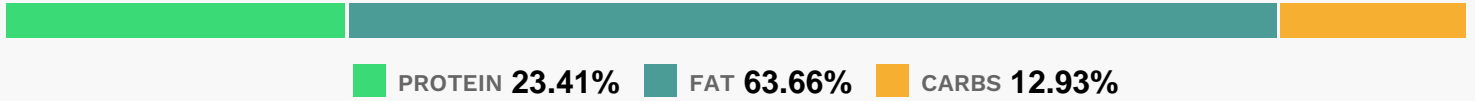
- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer
- aluminum foil

Directions

- Cook and stir bacon in a large skillet over medium heat until bacon is translucent and beginning to brown, about 5 minutes; stir in onion and continue cooking and stirring until bacon is browned and sweet onion is translucent, about 5 more minutes.
- Mix 1/2 cup ketchup, 2 tablespoons chili powder, 2 tablespoons ancho chile powder, 1 tablespoon Worcestershire sauce, cumin, salt, black pepper, and garlic powder in a large bowl.
- Mix in ground sirloin, bacon-onion mixture, Cheddar cheese, pepper jack cheese, eggs, and bread crumbs until thoroughly combined. Form the mixture into a loaf shape and refrigerate 1 hour.
- Preheat oven to 425 degrees F (220 degrees C). Line a 9x13-inch baking pan with aluminum foil and spray the foil with cooking spray.
- Place loaf into the prepared baking dish.
- Mix 1/2 cup ketchup, 1 tablespoon Worcestershire sauce, 1 teaspoon chili powder, and 1 teaspoon ground ancho chile in a bowl.

- Spread the mixture over the loaf.
- Bake in the preheated oven until the loaf is no longer pink inside and the juices run clear, 1 hour and 5 minutes to 1 hour and 15 minutes. An instant-read meat thermometer inserted into the center of the loaf should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:22.972608794337%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 642.69kcal (32.13%), Fat: 45.24g (69.61%), Saturated Fat: 18.32g (114.47%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 18.51g (6.73%), Sugar: 6.91g (7.68%), Cholesterol: 172.89mg (57.63%), Sodium: 1144.42mg (49.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.42g (74.85%), Selenium: 40.24µg (57.49%), Vitamin B12: 3.09µg (51.44%), Zinc: 7.08mg (47.21%), Phosphorus: 454.72mg (45.47%), Vitamin B3: 8.53mg (42.63%), Vitamin B6: 0.7mg (34.99%), Vitamin B2: 0.5mg (29.18%), Calcium: 281.48mg (28.15%), Vitamin A: 1241.44IU (24.83%), Iron: 4.45mg (24.73%), Vitamin B1: 0.34mg (22.41%), Potassium: 662.19mg (18.92%), Manganese: 0.31mg (15.61%), Vitamin E: 1.99mg (13.3%), Magnesium: 52.2mg (13.05%), Vitamin B5: 1.27mg (12.73%), Folate: 44.21µg (11.05%), Copper: 0.22mg (11.03%), Fiber: 2.17g (8.68%), Vitamin K: 7.57µg (7.21%), Vitamin D: 0.67µg (4.49%), Vitamin C: 3.11mg (3.77%)