



 12%  
HEALTH SCORE

## Bacon-Wrapped Meatloaf

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons apple cider vinegar
- 1 tablespoon butter
- 2 teaspoons ground mustard dry
- 2 large eggs
- 1 tablespoon thyme sprigs fresh finely chopped
- 2 garlic clove minced
- 0.5 teaspoon pepper black
- 2 pounds ground pork

- 3 tablespoons honey
- 0.3 cup milk
- 1 teaspoon mustard prepared
- 1 medium onion chopped
- 0.5 teaspoon salt
- 1 teaspoon salt
- 8 slices bacon thick-cut
- 6 oz canned tomatoes divided canned
- 3 tablespoons water

## Equipment

- frying pan
- oven
- mixing bowl
- glass baking pan

## Directions

- Preheat the oven to 350 F. Melt the butter in a small skillet over medium-low heat; cook the onion until soft but not brown, about 5 minutes.
- Add the garlic and cook for another minute.
- Remove from heat and set aside.
- Place a rack on or in a large, glass baking dish. Alternating slightly, lay the strips of bacon across the rack, one end in the middle and allowing the other end to hang over the side of the dish. Set aside. In a small bowl, mix 3 tablespoons of the tomato paste with the water, apple cider vinegar, honey, prepared mustard and 1/2 teaspoon of salt. Set aside. In a large mixing bowl, combine the remaining ingredients with the onion/garlic mixture and the remaining tomato paste and gently but thoroughly mix with your hands. Form into a loaf directly on top of the bacon, leaving enough of the bacon uncovered to wrap the top of the meatloaf. Spoon the glaze over the top of the meatloaf and spread down the sides, covering it completely. Lift the ends of the bacon hanging down the sides and place over the top of the meatloaf.

Bake for an hour, or until the meatloaf is cooked through and the bacon is brown and crisp.  
Allow to rest for 10 minutes before serving.

## Nutrition Facts

**PROTEIN 20.15%** **FAT 71.43%** **CARBS 8.42%**

### Properties

Glycemic Index:64.05, Glycemic Load:5.85, Inflammation Score:-8, Nutrition Score:21.910434782609%

### Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

### Taste

Sweetness: 24.21%, Saltiness: 100%, Sourness: 15.53%, Bitterness: 16.29%, Savoriness: 71.24%, Fattiness: 70.32%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 701.35kcal (35.07%), Fat: 55.29g (85.06%), Saturated Fat: 20.23g (126.47%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 13.45g (4.89%), Sugar: 11.3g (12.55%), Cholesterol: 208.78mg (69.59%), Sodium: 1075.22mg (46.75%), Protein: 35.09g (70.17%), Vitamin B1: 1.29mg (86.07%), Selenium: 54.35µg (77.64%), Vitamin B3: 8.96mg (44.8%), Vitamin B6: 0.83mg (41.43%), Phosphorus: 402.4mg (40.24%), Vitamin B2: 0.52mg (30.47%), Zinc: 4.37mg (29.12%), Vitamin B12: 1.51µg (25.09%), Potassium: 708.17mg (20.23%), Vitamin B5: 1.7mg (17.02%), Iron: 2.6mg (14.46%), Magnesium: 51.2mg (12.8%), Manganese: 0.21mg (10.37%), Copper: 0.18mg (9.1%), Vitamin C: 7.31mg (8.86%), Calcium: 71.13mg (7.11%), Vitamin A: 311.67IU (6.23%), Folate: 24.56µg (6.14%), Vitamin E: 0.84mg (5.59%), Fiber: 1.22g (4.86%), Vitamin D: 0.64µg (4.25%), Vitamin K: 2.16µg (2.06%)