



BBQ Bacon-Wrapped Meatloaf

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon
- 3 tablespoons barbeque sauce
- 0.5 cup bread crumbs soft
- 1 teaspoon dijon mustard
- 2 eggs beaten
- 2 cloves garlic finely chopped to taste
- 1 pound ground beef lean
- 1 onion chopped

- 1 teaspoon oregano dried
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x11-inch baking dish.
- Place bacon in a large skillet and cook over medium-high heat until edges just start to curl, 1 to 2 minutes per side.
- Drain the bacon slices on paper towels. Reserve about 1 tablespoon bacon drippings in the skillet.
- Cook and stir onion and garlic in the bacon drippings until onion is softened, 6 to 7 minutes.
- Remove from heat and cool.
- Mix cooled onion and garlic, ground beef, 1/2 cup barbeque sauce, bread crumbs, eggs, Worcestershire sauce, Dijon mustard, oregano, and chili powder together with your hands in a large bowl. Form beef mixture into a log-shaped meatloaf; place in the prepared baking dish.
- Wrap partially-cooked bacon slices around the meatloaf, tucking the ends of bacon underneath the loaf.
- Bake in the preheated oven for 35 minutes.
- Brush bacon-wrapped meatloaf with 3 tablespoons barbeque sauce. Continue baking until no longer pink in the center, about 10 more minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).
- Let stand for 10 minutes before serving.

Nutrition Facts



■ PROTEIN 34% ■ FAT 45.48% ■ CARBS 20.52%

Properties

Glycemic Index:11.75, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:9.3482609157977%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 197.99kcal (9.9%), Fat: 9.79g (15.06%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 9.19g (3.34%), Sugar: 3.46g (3.84%), Cholesterol: 85.15mg (28.38%), Sodium: 296.31mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.93%), Selenium: 18.2µg (26%), Vitamin B12: 1.46µg (24.34%), Zinc: 3.35mg (22.31%), Vitamin B3: 4.21mg (21.07%), Phosphorus: 173.75mg (17.37%), Vitamin B6: 0.32mg (15.97%), Iron: 2.22mg (12.35%), Vitamin B2: 0.19mg (11.33%), Vitamin B1: 0.14mg (9.55%), Potassium: 311.21mg (8.89%), Vitamin B5: 0.68mg (6.83%), Manganese: 0.13mg (6.3%), Magnesium: 22.01mg (5.5%), Folate: 18.8µg (4.7%), Copper: 0.09mg (4.66%), Calcium: 37.65mg (3.76%), Fiber: 0.75g (2.98%), Vitamin E: 0.44mg (2.96%), Vitamin K: 2.42µg (2.3%), Vitamin D: 0.33µg (2.21%), Vitamin C: 1.58mg (1.91%), Vitamin A: 85.9IU (1.72%)