



## 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
- 0.5 teaspoon chili powder
- 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 33.95% FAT 45.45% CARBS 20.6%

## Properties

Glycemic Index:11.75, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:9.4460870027542%

## 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: 198.35kcal (9.92%), Fat: 9.8g (15.08%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 9.21g (3.35%), Sugar: 3.47g (3.85%), Cholesterol: 85.15mg (28.38%), Sodium: 298.36mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.96%), Selenium: 18.23µg (26.04%), Vitamin B12: 1.46µg (24.34%), Zinc: 3.35mg (22.34%), Vitamin B3: 4.23mg (21.14%), Phosphorus: 174.12mg (17.41%), Vitamin B6: 0.32mg (16.1%), Iron: 2.24mg (12.47%), Vitamin B2: 0.19mg (11.4%), Vitamin B1: 0.14mg (9.58%), Potassium: 313.65mg (8.96%), Vitamin B5: 0.68mg (6.84%), Manganese: 0.13mg (6.4%), Magnesium: 22.2mg (5.55%), Copper: 0.09mg (4.72%), Folate: 18.83µg (4.71%), Calcium: 38.06mg (3.81%), Vitamin E: 0.49mg (3.28%), Fiber: 0.79g (3.16%), Vitamin A: 122.97IU (2.46%), Vitamin K: 2.55µg (2.43%), Vitamin D: 0.33µg (2.21%), Vitamin C: 1.58mg (1.91%)