



BBQ Oatmeal Meatloaf

 Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon divided
- ☐ 1.5 cups barbeque sauce
- ☐ 0.8 pound mild sage-flavored breakfast sausage
- ☐ 2 tablespoons brown sugar
- ☐ 2 carrots shredded
- ☐ 5 tablespoons onion soup mix dry
- ☐ 3 eggs
- ☐ 2 pounds ground beef

☐ 1 onion chopped

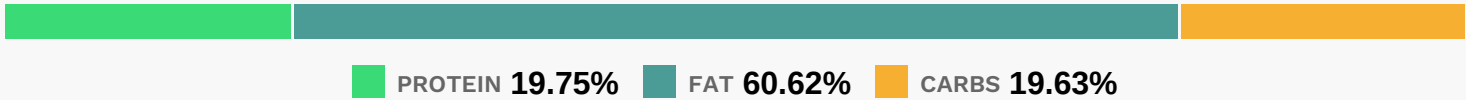
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix the ground beef, sausage, onion, carrots, onion soup mix, brown sugar, eggs, and barbeque sauce together in a large mixing bowl until thoroughly combined. Stir in enough oats to make the mixture hold together -- you can use up to 2 cups of oats. Divide the mixture in half, and spoon into 2 9x5-inch loaf pans.
- ☐ Place 3 strips of bacon the long way onto each loaf.
- ☐ Bake in the preheated oven until the meatloaf is no longer pink in the middle and the juices run clear, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:8.49, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:13.180869548217%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 425.88kcal (21.29%), Fat: 28.32g (43.57%), Saturated Fat: 10.13g (63.29%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 19.66g (7.15%), Sugar: 14.87g (16.52%), Cholesterol: 122.27mg (40.76%), Sodium: 946.53mg (41.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.76g (41.51%), Vitamin A: 1863.91IU (37.28%), Vitamin B12: 2.01µg (33.53%), Zinc: 4.18mg (27.89%), Vitamin B3: 5.35mg (26.76%), Selenium: 17.63µg

(25.18%), Vitamin B6: 0.45mg (22.49%), Phosphorus: 215.38mg (21.54%), Vitamin B2: 0.24mg (14.27%), Potassium: 465.43mg (13.3%), Iron: 2.35mg (13.06%), Vitamin B1: 0.17mg (11.54%), Vitamin B5: 0.93mg (9.26%), Magnesium: 28.3mg (7.07%), Copper: 0.12mg (6.16%), Vitamin E: 0.89mg (5.9%), Manganese: 0.11mg (5.34%), Vitamin D: 0.71µg (4.72%), Calcium: 46.26mg (4.63%), Fiber: 0.97g (3.87%), Folate: 15.15µg (3.79%), Vitamin K: 3.57µg (3.4%), Vitamin C: 1.8mg (2.18%)