



BBQ Oatmeal Meatloaf

 Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



451 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
- ☐ 1 cup rolled oats

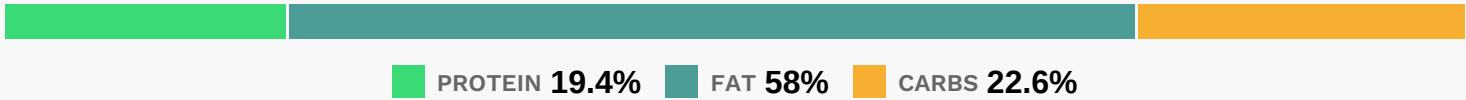
Equipment

- ☐ 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:11.82, Glycemic Load:2.07, Inflammation Score:-8, Nutrition Score:14.638260716977%

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: 451.49kcal (22.57%), Fat: 28.76g (44.25%), Saturated Fat: 10.2g (63.76%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 23.56g (8.57%), Sugar: 14.93g (16.59%), Cholesterol: 122.27mg (40.76%), Sodium: 946.93mg (41.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.3%), Vitamin A: 1863.91IU (37.28%), Vitamin

B12: 2.01µg (33.53%), Zinc: 4.43mg (29.53%), Selenium: 19.58µg (27.97%), Vitamin B3: 5.43mg (27.14%), Phosphorus: 243.08mg (24.31%), Vitamin B6: 0.46mg (22.83%), Manganese: 0.35mg (17.6%), Vitamin B2: 0.25mg (14.89%), Iron: 2.64mg (14.65%), Potassium: 489.89mg (14%), Vitamin B1: 0.2mg (13.61%), Vitamin B5: 1mg (10.02%), Magnesium: 37.62mg (9.41%), Copper: 0.15mg (7.48%), Fiber: 1.65g (6.6%), Vitamin E: 0.91mg (6.09%), Calcium: 49.77mg (4.98%), Vitamin D: 0.71µg (4.72%), Folate: 17.32µg (4.33%), Vitamin K: 3.71µg (3.53%), Vitamin C: 1.8mg (2.18%)