



Beef & bacon meatloaf

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings unrefined sunflower oil for greasing
- ☐ 85 g pack sage & onion stuffing mix
- ☐ 1 beef stock cube
- ☐ 8 rashers streaky bacon smoked
- ☐ 500 g pack beef mince 20% with less than fat)

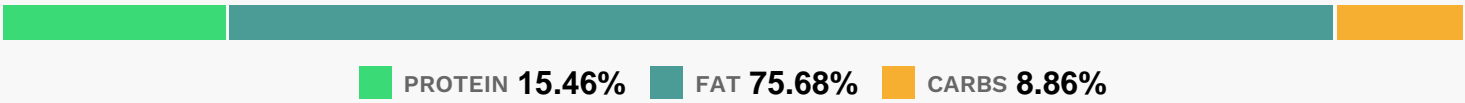
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 180C/160C fan/gas 4 and oil the inside of a 900g loaf tin. Tip the stuffing mix into a bowl, crumble in the stock cube and pour over 300ml boiling water. Give it a good stir, then set aside.
- ☐ Stretch the bacon rashers a little by running the back of a spoon along their length, then use 6-7 to line the base and longest sides of the tin. Chop the rest.
- ☐ Mix the chopped bacon and mince into the stuffing with some black pepper, then press into the bacon-lined tin and bake for 40 mins until firm. Turn out and serve sliced.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:12.536521697822%

Nutrients (% of daily need)

Calories: 513.56kcal (25.68%), Fat: 42.82g (65.87%), Saturated Fat: 11.81g (73.8%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 10.82g (3.94%), Sugar: 1.27g (1.41%), Cholesterol: 78.69mg (26.23%), Sodium: 609.06mg (26.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.37%), Vitamin E: 6.27mg (41.82%), Selenium: 25.38µg (36.26%), Vitamin B12: 1.94µg (32.33%), Vitamin B3: 5.54mg (27.71%), Zinc: 3.96mg (26.42%), Phosphorus: 195.38mg (19.54%), Vitamin B6: 0.37mg (18.5%), Vitamin B1: 0.2mg (13.5%), Iron: 2.29mg (12.73%), Vitamin B2: 0.21mg (12.11%), Potassium: 320.62mg (9.16%), Folate: 29.85µg (7.46%), Vitamin B5: 0.64mg (6.4%), Magnesium: 23.69mg (5.92%), Manganese: 0.1mg (4.91%), Copper: 0.1mg (4.84%), Calcium: 30.61mg (3.06%), Vitamin K: 2.41µg (2.3%), Fiber: 0.45g (1.81%), Vitamin D: 0.2µg (1.34%)