



Cheese-Filled Meat Loaf

READY IN



75 min.

SERVINGS



8

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon divided
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup bread crumbs dry
- ☐ 1 eggs beaten
- ☐ 1 clove garlic minced
- ☐ 1 pound ground beef
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup catsup
- ☐ 0.3 cup pineapple crushed drained

- ☐ 1 teaspoon salt
- ☐ 1 cup cheddar cheese shredded or as needed
- ☐ 1 teaspoon worcestershire sauce

Equipment

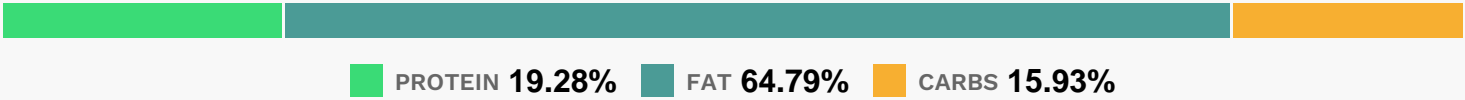
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Chop 4 bacon strips; set remaining 4 bacon strips aside.
- ☐ Cook chopped bacon in a large skillet over medium heat, stirring often, until bacon is browned and crisp, 8 to 10 minutes. Set chopped bacon aside.
- ☐ Lightly mix ground beef, bread crumbs, beaten egg, garlic, 1 teaspoon Worcestershire sauce, salt, and black pepper together in a bowl until thoroughly combined.
- ☐ Spread meat mixture out on a piece of waxed paper, forming a rectangle about 10 inches square.
- ☐ Spread Cheddar cheese and cooked chopped bacon over the meat, leaving a 1/2-inch edge all around. Carefully lift an edge and roll the meat around the filling.
- ☐ Place into a loaf pan with the seam side down.
- ☐ Bake meat loaf in the preheated oven until hot and beginning to brown, about 30 minutes.
- ☐ Mix ketchup, brown sugar, pineapple, and 1 teaspoon Worcestershire sauce together in a bowl, stirring to dissolve brown sugar.
- ☐ Remove meat loaf from oven and place remaining 4 bacon strips onto meat loaf, weaving them together.
- ☐ Spread pineapple mixture over woven bacon and top of loaf.
- ☐ Return meat loaf to oven and bake until bacon topping is crisp and pineapple mixture has baked into a glaze, about 20 more minutes. An instant-read meat thermometer inserted into

the center of the meat loaf should read 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:9.6813043511432%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 357.01kcal (17.85%), Fat: 25.6g (39.39%), Saturated Fat: 10.21g (63.79%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 13.81g (5.02%), Sugar: 10.21g (11.34%), Cholesterol: 89.36mg (29.79%), Sodium: 701.77mg (30.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.15g (34.29%), Selenium: 19.72µg (28.16%), Vitamin B12: 1.53µg (25.56%), Zinc: 3.3mg (22.03%), Phosphorus: 207.23mg (20.72%), Vitamin B3: 3.7mg (18.5%), Vitamin B6: 0.29mg (14.72%), Calcium: 131.58mg (13.16%), Vitamin B2: 0.22mg (13.1%), Iron: 1.65mg (9.16%), Vitamin B1: 0.13mg (8.95%), Potassium: 279.03mg (7.97%), Vitamin B5: 0.59mg (5.88%), Magnesium: 21.86mg (5.46%), Manganese: 0.1mg (4.76%), Vitamin A: 236.36IU (4.73%), Copper: 0.09mg (4.34%), Vitamin E: 0.64mg (4.3%), Folate: 14.58µg (3.65%), Vitamin K: 2.37µg (2.26%), Vitamin D: 0.34µg (2.26%), Vitamin C: 1.32mg (1.6%), Fiber: 0.35g (1.4%)