



Cheeseburger Meatloaf

READY IN



80 min.

SERVINGS



8

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bread crumbs fresh
- ☐ 2 eggs beaten
- ☐ 2 pounds ground beef
- ☐ 1.5 teaspoons ground pepper black
- ☐ 0.5 cup onion minced
- ☐ 1.5 teaspoons salt
- ☐ 3 cups cheddar cheese shredded

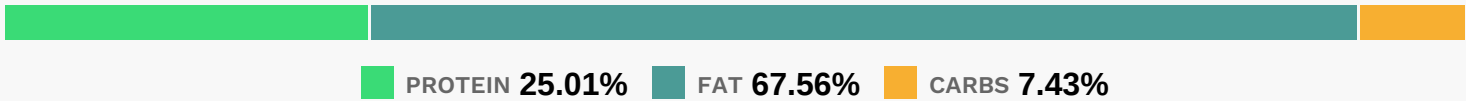
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ wax paper

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, combine the beef, bread crumbs, onion, eggs, salt and pepper, and mix well. Pat out meat mixture into a 14x18 inch rectangle on a piece of wax paper.
- ☐ Spread cheese over the meat, leaving a 3/4 inch border around the edges.
- ☐ Roll up jelly roll fashion to enclose the filling and form a pinwheel loaf. Press beef in on both ends to enclose the cheese.
- ☐ Place in a 10x15 inch baking dish.
- ☐ Bake in the preheated oven 1 hour, or until internal temperature reaches 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:17.673913079759%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 521.59kcal (26.08%), Fat: 38.69g (59.53%), Saturated Fat: 17.31g (108.2%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 8.85g (3.22%), Sugar: 1.23g (1.37%), Cholesterol: 163.81mg (54.6%), Sodium: 879.35mg (38.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.46%), Vitamin B12: 3.01µg (50.15%), Selenium: 35µg (50%), Zinc: 6.61mg (44.04%), Phosphorus: 415.23mg (41.52%), Calcium: 348.92mg (34.89%), Vitamin B3: 5.51mg (27.56%), Vitamin B2: 0.45mg (26.42%), Vitamin B6: 0.44mg (21.98%), Iron: 3.01mg (16.72%), Potassium: 393.5mg (11.24%), Vitamin B1: 0.17mg (11.22%), Vitamin B5: 0.99mg (9.86%), Vitamin A: 486.25IU

(9.72%), Magnesium: 38.05mg (9.51%), Folate: 34.8µg (8.7%), Manganese: 0.17mg (8.68%), Copper: 0.13mg (6.31%), Vitamin E: 0.91mg (6.08%), Vitamin K: 4.41µg (4.2%), Vitamin D: 0.59µg (3.92%), Fiber: 0.72g (2.88%)