



Cheesy Bacon Meatloaf

READY IN



55 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer bacon fully cooked
- 0.3 cup bread crumbs dry
- 1 eggs beaten
- 1 lb extra-lean ground beef
- 0.5 tsp garlic powder and oregano leaves dried
- 0.3 cup milk
- 1 Tbsp onions finely chopped
- 0.1 tsp cracked pepper black
- 1 cup cheddar cheese shredded kraft

Equipment

- frying pan
- oven
- loaf pan

Directions

- Heat oven to 400F.
- Mix all ingredients except bacon.
- Shape into loaf in 9x5-inch loaf pan; top with bacon.
- Bake 45 min. or until done (160F).
- Let stand 5 min. before removing from pan and slicing to serve.

Nutrition Facts

PROTEIN 35.81% **FAT 57.15%** **CARBS 7.04%**

Properties

Glycemic Index:21.5, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:12.286956689928%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 277.56kcal (13.88%), Fat: 17.27g (26.57%), Saturated Fat: 7.74g (48.39%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.52g (1.64%), Sugar: 0.93g (1.04%), Cholesterol: 103.88mg (34.63%), Sodium: 317.61mg (13.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.35g (48.7%), Selenium: 25.08µg (35.83%), Vitamin B12: 2.1µg (35.04%), Zinc: 4.92mg (32.83%), Phosphorus: 290.89mg (29.09%), Vitamin B3: 5.07mg (25.36%), Vitamin B6: 0.38mg (18.94%), Vitamin B2: 0.28mg (16.66%), Calcium: 166.31mg (16.63%), Iron: 2.26mg (12.54%), Potassium: 345.37mg (9.87%), Vitamin B1: 0.13mg (8.73%), Vitamin B5: 0.82mg (8.24%), Magnesium: 27.95mg (6.99%), Vitamin A: 250.47IU (5.01%), Copper: 0.09mg (4.5%), Folate: 16.44µg (4.11%), Vitamin D: 0.51µg (3.37%), Vitamin E: 0.5mg (3.36%), Manganese: 0.06mg (3.24%), Fiber: 0.26g (1.06%), Vitamin K: 1.1µg (1.05%)