



Devil's Meatloaf on the Grill

 Dairy Free

READY IN



540 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce (such as Famous Dave's® Devil's Spit)
- ☐ 0.5 cup bread crumbs
- ☐ 0.3 pound chorizo sausage crumbled
- ☐ 1 eggs
- ☐ 4 ounce chilies diced green canned
- ☐ 1.5 pounds ground beef
- ☐ 0.3 cup catsup
- ☐ 1 small onion chopped

☐ 1 ounce onion soup mix

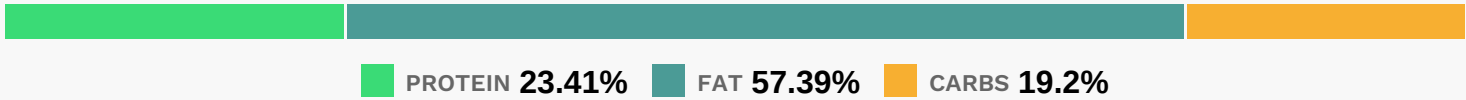
Equipment

- ☐ bowl
- ☐ loaf pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Mix ground beef, chorizo sausage, egg, bread crumbs, green chilies, onion, barbecue sauce, ketchup, and onion soup mix in a large bowl until well-combined. Cover and refrigerate overnight.
- ☐ Preheat an outdoor grill for medium heat. Firmly pack the meat mixture into a 9x5-inch loaf pan, and cover with aluminum foil.
- ☐ Place the covered loaf pan on the grill away from direct heat. Cook for 30 minutes, then carefully remove foil and drain grease. Cover the pan with the foil, and return to the grill. Continue cooking until the meatloaf is no longer pink in the center, about 20 minutes more. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:15.869130466295%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 421.21kcal (21.06%), Fat: 26.53g (40.81%), Saturated Fat: 10.59g (66.16%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 18.63g (6.77%), Sugar: 8.39g (9.32%), Cholesterol: 121.13mg (40.38%), Sodium: 747.53mg (32.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.35g (48.69%), Vitamin B12: 2.52µg (42.06%), Vitamin C: 32.09mg (38.9%), Zinc: 5.12mg (34.16%), Selenium: 22.14µg (31.63%), Vitamin B3: 5.93mg (29.64%), Vitamin B6: 0.55mg (27.58%), Phosphorus: 235mg (23.5%), Iron: 3.36mg (18.66%), Vitamin B2: 0.29mg (17.25%), Potassium: 501.64mg (14.33%), Vitamin B1: 0.17mg (11.65%), Manganese: 0.2mg (10.14%), Magnesium: 35.23mg (8.81%), Vitamin B5: 0.85mg (8.48%), Copper: 0.16mg (8%), Vitamin A: 393.7IU (7.87%), Folate: 28.72µg (7.18%), Calcium: 62.32mg (6.23%), Vitamin E: 0.93mg (6.2%), Vitamin K: 5.93µg (5.65%), Fiber: 1.34g (5.34%), Vitamin D: 0.26µg (1.73%)