

Grilled BBQ Meatloaf

 Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 1 teaspoon tarragon dried
- 2 cups breadcrumbs dry
- 1 eggs beaten
- 1 teaspoon garlic minced
- 1.5 pounds ground beef
- 1 teaspoon pepper black
- 1.5 pounds ground pork

- 0.5 cup catsup
- 1 teaspoon sea salt
- 1 cup onion sweet finely chopped vidalia® (such as)
- 1 teaspoon worcestershire sauce

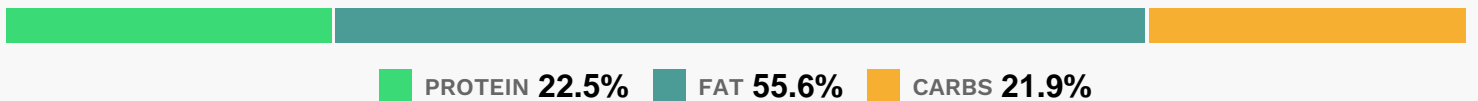
Equipment

- bowl
- grill

Directions

- Preheat an outdoor grill for medium heat, and scrape the grates clean. Spray grates with nonstick cooking spray.
- In a bowl, mix together the ground beef, ground pork, bread crumbs, onion, egg, Worcestershire sauce, garlic, tarragon, sea salt, and black pepper. Divide the mixture in half, and form 2 loaves, each about 4 inches in diameter and 6 inches long. In a small bowl, mix the barbecue sauce with ketchup until well combined.
- Place each meatloaf directly on the prepared grill grates, then spread each with about 3 tablespoons of barbecue sauce mixture; grill until the loaves reach an internal temperature of at least 160 degrees F (73 degrees C), about 1 hour.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:10.810869553815%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 304.51kcal (15.23%), Fat: 18.58g (28.58%), Saturated Fat: 6.87g (42.92%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 15.63g (5.68%), Sugar: 5.95g (6.62%), Cholesterol: 71.04mg (23.68%), Sodium: 466.26mg (20.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.83%), Vitamin B1: 0.47mg (31.29%), Selenium: 21.35µg (30.49%), Vitamin B3: 4.73mg (23.65%), Vitamin B12: 1.28µg (21.32%), Zinc: 2.99mg (19.97%), Vitamin B6: 0.36mg (17.92%), Phosphorus: 176.86mg (17.69%), Vitamin B2: 0.25mg (14.82%), Iron: 2.09mg (11.59%), Manganese: 0.19mg (9.45%), Potassium: 330.04mg (9.43%), Vitamin B5: 0.65mg (6.45%), Magnesium: 25.23mg (6.31%), Folate: 24.39µg (6.1%), Copper: 0.1mg (5.19%), Calcium: 48.74mg (4.87%), Fiber: 0.85g (3.38%), Vitamin E: 0.4mg (2.66%), Vitamin K: 2.29µg (2.18%), Vitamin A: 82.67IU (1.65%), Vitamin C: 1.31mg (1.59%)