



Grilled Cheese and Bacon Mini Meatloaves

READY IN



55 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs plain
- 1 eggs
- 1 lb ground beef 90% (at least)
- 3 tablespoons catsup
- 1 teaspoon onion salt
- 0.5 teaspoon pepper
- 2 oz cheddar cheese shredded
- 3.5 oz bacon

Equipment

- bowl
- frying pan
- toothpicks
- grill
- kitchen thermometer
- spatula

Directions

- Heat gas or charcoal grill for indirect cooking as directed by manufacturer.
- Meanwhile, in large bowl, mix all ingredients except bacon. On work surface, pat mixture into 7-inch square.
- Cut into 4 (3 1/2-inch) squares. Top each square with 2 half-slices bacon; attach with toothpicks.
- Carefully spray grill rack with cooking spray.
- Place patties on unheated side of two-burner gas grill or over drip pan on charcoal grill (medium heat). (If using one-burner gas grill, cook over low heat.) Cover grill; cook 20 to 25 minutes or until slightly pink in center.
- Using spatula, turn patties over. Cover grill; cook 5 to 8 minutes longer or until meat thermometer inserted in center of patties reads 160F and bacon is crisp.
- Remove toothpicks before serving.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:16.766521865907%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 371.01kcal (18.55%), Fat: 21.76g (33.47%), Saturated Fat: 9g (56.26%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 8.44g (3.07%), Sugar: 2.9g (3.23%), Cholesterol: 141.77mg (47.26%), Sodium: 1080.25mg (46.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.28%), Vitamin B12: 2.94µg (48.93%), Selenium: 33.9µg (48.43%), Zinc: 6.85mg (45.66%), Vitamin B3: 7.85mg (39.27%), Phosphorus: 361.41mg (36.14%), Vitamin B6: 0.57mg (28.28%), Vitamin B2: 0.36mg (21.28%), Iron: 3.41mg (18.95%), Potassium: 515.85mg (14.74%), Calcium: 133.33mg (13.33%), Vitamin B1: 0.19mg (12.68%), Vitamin B5: 1.14mg (11.39%), Magnesium: 37.88mg (9.47%), Copper: 0.14mg (7.04%), Manganese: 0.13mg (6.26%), Folate: 22.09µg (5.52%), Vitamin E: 0.82mg (5.45%), Vitamin A: 269.69IU (5.39%), Vitamin D: 0.52µg (3.45%), Vitamin K: 1.91µg (1.81%), Fiber: 0.4g (1.6%)