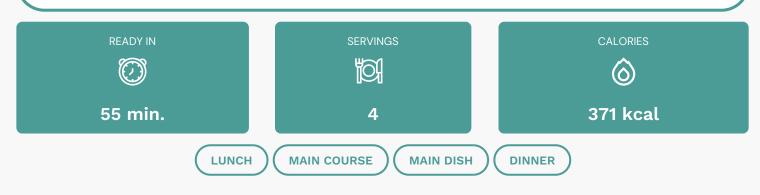


Grilled Cheese and Bacon Mini Meatloaves



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		
PROTEIN 20 440/ F2 020/		
	PROTEIN 36.44% FAT 53.83% CARBS 9.73%	

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

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%)