



Grilled Meatloaf Patties

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup catsup
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon worcestershire sauce
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon pepper
- ☐ 1 eggs
- ☐ 0.3 cup onion finely chopped
- ☐ 0.8 cup breadcrumbs plain

- ☐ 1.5 lb ground beef 80% lean (at least)
- ☐ 6 slices bacon
- ☐ 6 slices top white

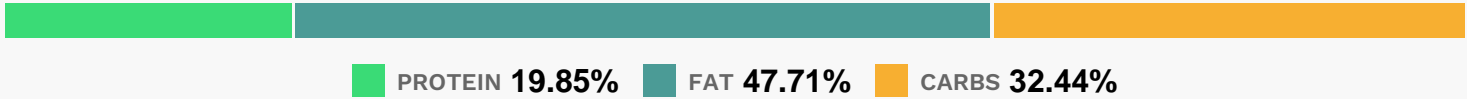
Equipment

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

Directions

- ☐ Heat gas or charcoal grill for indirect cooking as directed by manufacturer.
- ☐ In small bowl, mix 1/4 cup of the ketchup and the honey; set aside. In large bowl, mix remaining 1/4 cup ketchup, the Worcestershire sauce, garlic salt, pepper and egg. Stir in onion and bread crumbs. Stir in beef until well mixed.
- ☐ Shape beef mixture into 6 patties, 3/4 inch thick and about 3 1/2 inches in diameter. Wrap 1 slice bacon around each patty; secure with toothpick.
- ☐ 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.
- ☐ Brush with ketchup mixture. Cover grill; cook 5 to 8 minutes longer or until meat thermometer inserted in center of patties reads 160°F and bacon is crisp.
- ☐ Serve on bread.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:27.29, Inflammation Score:-5, Nutrition Score:22.459565214489%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 652.78kcal (32.64%), Fat: 34.41g (52.94%), Saturated Fat: 12.37g (77.29%), Carbohydrates: 52.66g (17.55%), Net Carbohydrates: 50.38g (18.32%), Sugar: 11.34g (12.6%), Cholesterol: 122.31mg (40.77%), Sodium: 1298.58mg (56.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.21g (64.42%), Selenium: 45.61µg (65.16%), Vitamin B3: 9.97mg (49.86%), Vitamin B1: 0.7mg (46.91%), Vitamin B12: 2.65µg (44.15%), Zinc: 6.02mg (40.1%), Vitamin B2: 0.59mg (34.42%), Phosphorus: 323.24mg (32.32%), Iron: 5.76mg (32%), Vitamin B6: 0.56mg (28.17%), Manganese: 0.55mg (27.5%), Folate: 107.82µg (26.96%), Potassium: 541.46mg (15.47%), Magnesium: 53.13mg (13.28%), Copper: 0.24mg (12.15%), Vitamin B5: 1.12mg (11.17%), Fiber: 2.28g (9.12%), Calcium: 91.13mg (9.11%), Vitamin E: 1.08mg (7.2%), Vitamin K: 4.58µg (4.37%), Vitamin A: 153.09IU (3.06%), Vitamin D: 0.35µg (2.32%), Vitamin C: 1.46mg (1.77%)