



Guy Approved Meatloaf

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon
- ☐ 0.5 cup barbecue sauce
- ☐ 1 pinch cayenne pepper
- ☐ 0.8 cup round buttery crackers crushed
- ☐ 2 eggs
- ☐ 0.5 teaspoon garlic powder
- ☐ 1.5 pounds ground beef
- ☐ 0.8 teaspoon ground pepper black

- ☐ 0.8 teaspoon liquid smoke flavoring
- ☐ 1 onion chopped
- ☐ 1 cup potato chips crushed
- ☐ 1 teaspoon salt

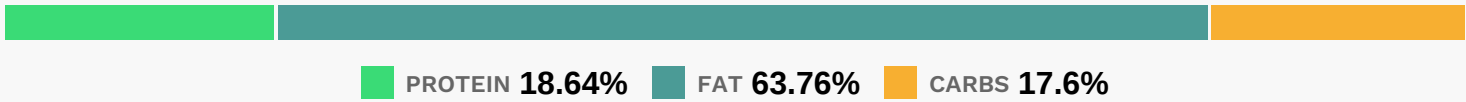
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, combine the beef, eggs, onion, barbecue sauce, cracker crumbs, potato chips, liquid smoke, ground black pepper, salt, garlic powder and cayenne pepper and mix well.
- ☐ On a lightly greased cookie sheet, shape the mixture into a loaf.
- ☐ Lay the bacon slices across the width of the loaf so that the entire surface is covered. Cover the loaf loosely with foil.
- ☐ Bake at 375 degrees F (190 degrees C) for 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:16.63826084137%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 562.85kcal (28.14%), Fat: 39.54g (60.84%), Saturated Fat: 13g (81.24%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 23.33g (8.48%), Sugar: 9.41g (10.46%), Cholesterol: 149.59mg (49.86%), Sodium: 1018.64mg (44.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.02%), Vitamin B12: 2.67µg (44.45%), Selenium: 27.11µg (38.73%), Zinc: 5.47mg (36.48%), Vitamin B3: 6.9mg (34.5%), Phosphorus: 293.6mg (29.36%), Vitamin B6: 0.57mg (28.73%), Iron: 3.3mg (18.32%), Potassium: 637.68mg (18.22%), Vitamin B2: 0.3mg (17.9%), Vitamin E: 2.65mg (17.68%), Vitamin B5: 1.63mg (16.27%), Vitamin B1: 0.19mg (12.93%), Manganese: 0.24mg (12.09%), Magnesium: 39.61mg (9.9%), Vitamin K: 9.89µg (9.42%), Copper: 0.16mg (8.04%), Folate: 28.48µg (7.12%), Calcium: 57.9mg (5.79%), Vitamin C: 4.58mg (5.55%), Fiber: 1.23g (4.91%), Vitamin D: 0.49µg (3.3%), Vitamin A: 149.4IU (2.99%)