



Our Favorite Pork Meatloaf

READY IN



80 min.

SERVINGS



20

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon
- 0.5 cup knudsen cream sour
- 2 eggs beaten
- 1 bell pepper green finely chopped
- 2 lb ground pork
- 1 cup salsa red divided
- 6 oz stove top stuffing mix for chicken

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350F.
- Mix pork, stuffing mix, eggs, peppers and sour cream in large bowl until well blended.
- Shape pork mixture into oval loaf in 13x9-inch baking dish; top with 1/2 cup of the salsa and bacon slices.
- Bake 1 hour 15 min. or until cooked through (170F).
- Remove from oven; cover.
- Let stand 10 min.
- Serve with remaining 1/2 cup salsa, warmed.

Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:7.229565249837%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 193.11kcal (9.66%), Fat: 13.22g (20.33%), Saturated Fat: 4.95g (30.95%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 7.38g (2.68%), Sugar: 1.55g (1.73%), Cholesterol: 55.41mg (18.47%), Sodium: 267.51mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Vitamin B1: 0.41mg (27.05%), Selenium: 17.81µg (25.44%), Vitamin B3: 2.82mg (14.09%), Vitamin B6: 0.24mg (12.22%), Phosphorus: 116.14mg (11.61%), Vitamin B2: 0.18mg (10.59%), Zinc: 1.24mg (8.26%), Vitamin C: 5.4mg (6.55%), Vitamin B12: 0.39µg (6.54%), Potassium: 217.03mg (6.2%), Folate: 20.08µg (5.02%), Iron: 0.9mg (4.98%), Vitamin B5: 0.48mg (4.8%), Magnesium: 16.2mg (4.05%), Manganese: 0.08mg (3.97%), Vitamin A: 148.97IU (2.98%), Copper: 0.06mg (2.95%), Calcium: 27.33mg (2.73%), Fiber: 0.61g (2.43%), Vitamin E: 0.3mg (2%), Vitamin K: 1.18µg (1.12%)