



Ratloaf (Halloween Meatloaf)

READY IN



80 min.

SERVINGS



8

CALORIES



921 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce barbeque sauce
- 3 large olives black
- 2 cups bread crumbs dry
- 2 eggs
- 1 cup french-fried onions
- 2 cups french-fried onions or as needed crushed
- 3 pounds ground beef
- 8 servings salt and ground pepper black to taste
- 2 cups milk

- 1 onion chopped
- 2 slices potatoes red
- 8 ounce cheddar cheese shredded
- 3 spaghetti noodles

Equipment

- bowl
- oven
- broiler
- broiler pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Mix ground beef, eggs, onion, milk, bread crumbs, salt, and black pepper in a large bowl until completely combined to make the rat body mixture.
- Mix Cheddar cheese, 3/4 bottle of barbeque sauce, and 1 cup French-fried onions together gently in a separate bowl to make the rat guts.
- Put about half the rat body mixture onto a sheet of waxed paper and form it into the shape of a rat body.
- Spread a thick layer of the cheese mixture on top of the body leaving 1/2 inch of space along the outer edge.
- Put remaining rat body mixture on top, forming the body and creating a solid seal around the edges so the guts don't ooze out while baking.
- Place the top part of a broiler pan on the rat and carefully flip it over. Reshape rat body as needed.
- Place olives onto the rat body for the eyes and nose, potato slices for the ears, and spaghetti for the whiskers.
- Spread 1/4 bottle barbeque sauce over the body of the rat and sprinkle with crushed French-fried onions. Set the broiler rack atop the broiler pan.
- Bake in preheated oven until the cheese is melted, about 1 hour. Allow ratloaf to cool 5 minutes before slicing to serve.

Nutrition Facts

PROTEIN 19.15% FAT 58.4% CARBS 22.45%

Properties

Glycemic Index:20.75, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:26.506521986878%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 920.58kcal (46.03%), Fat: 58.81g (90.48%), Saturated Fat: 24.72g (154.53%), Carbohydrates: 50.88g (16.96%), Net Carbohydrates: 48.96g (17.8%), Sugar: 19.47g (21.63%), Cholesterol: 197.36mg (65.79%), Sodium: 1172.78mg (50.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.38g (86.76%), Vitamin B12: 4.46µg (74.37%), Selenium: 45.76µg (65.37%), Zinc: 9.04mg (60.25%), Phosphorus: 540.11mg (54.01%), Vitamin B3: 9.35mg (46.76%), Vitamin B2: 0.65mg (38.13%), Calcium: 380.17mg (38.02%), Vitamin B6: 0.71mg (35.38%), Iron: 5.17mg (28.7%), Vitamin B1: 0.4mg (26.54%), Potassium: 763.36mg (21.81%), Manganese: 0.36mg (18.07%), Magnesium: 64.31mg (16.08%), Vitamin B5: 1.61mg (16.07%), Folate: 55.56µg (13.89%), Copper: 0.23mg (11.55%), Vitamin A: 544.27IU (10.89%), Vitamin E: 1.48mg (9.86%), Vitamin D: 1.23µg (8.21%), Fiber: 1.92g (7.69%), Vitamin K: 6.75µg (6.43%), Vitamin C: 1.29mg (1.57%)