



Sloppy Joe Meatloaf

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon
- ☐ 2 stalks celery minced
- ☐ 1 cup bread crumbs dry
- ☐ 1 eggs beaten
- ☐ 1 pound ground beef
- ☐ 1 small onion minced
- ☐ 1.3 ounce sloppy joe seasoning mix
- ☐ 6 ounce tomato paste canned

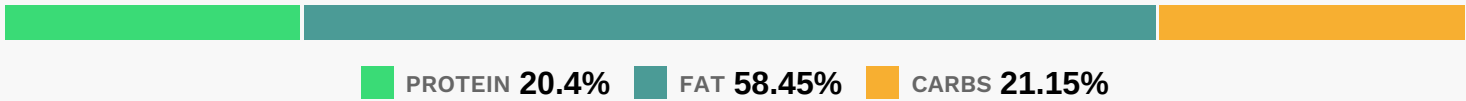
Equipment

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

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
- ☐ In a bowl, mix together the onion, celery, tomato paste, sloppy joe mix, bread crumbs, and egg. Work in the ground beef lightly with your fingers until thoroughly combined. Shape the mixture into a loaf shape, and place on the prepared baking sheet.
- ☐ Lay bacon strips across the loaf crosswise, overlapping if necessary.
- ☐ Bake in the preheated oven for 30 minutes, then decrease temperature to 350 degrees F (175 degrees C).
- ☐ Bake until the meat loaf is no longer pink inside and the juices run clear, about 30 more minutes. Use a bulb baster to remove accumulating grease several times during baking. Allow to stand for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:13.853478182917%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 297.92kcal (14.9%), Fat: 19.41g (29.86%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 15.81g (5.27%),
Net Carbohydrates: 12.53g (4.56%), Sugar: 2.49g (2.76%), Cholesterol: 71.61mg (23.87%), Sodium: 291.42mg
(12.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.48%), Vitamin K: 34.66µg (33.01%),
Selenium: 17.33µg (24.76%), Vitamin B12: 1.39µg (23.2%), Vitamin B3: 4.48mg (22.38%), Iron: 3.93mg (21.81%),
Manganese: 0.42mg (21.17%), Zinc: 3.04mg (20.27%), Vitamin B6: 0.35mg (17.53%), Phosphorus: 165.07mg (16.51%),
Vitamin B1: 0.23mg (15.53%), Fiber: 3.28g (13.11%), Vitamin B2: 0.22mg (12.96%), Calcium: 125.63mg (12.56%),
Potassium: 378.93mg (10.83%), Vitamin E: 1.51mg (10.05%), Folate: 39.94µg (9.99%), Magnesium: 36.75mg (9.19%),
Copper: 0.15mg (7.74%), Vitamin B5: 0.67mg (6.72%), Vitamin A: 204.96IU (4.1%), Vitamin C: 3.02mg (3.66%),
Vitamin D: 0.23µg (1.55%)