



Slow Cooker Sausage 'n' Grits Meatloaf



Gluten Free



Dairy Free

READY IN



310 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bulk pork sausage
- ☐ 0.3 cup grits dry
- ☐ 1 tablespoon garlic powder
- ☐ 1 pound ground beef
- ☐ 0.5 cup catsup
- ☐ 0.3 cup eggs
- ☐ 1 tablespoon onion powder

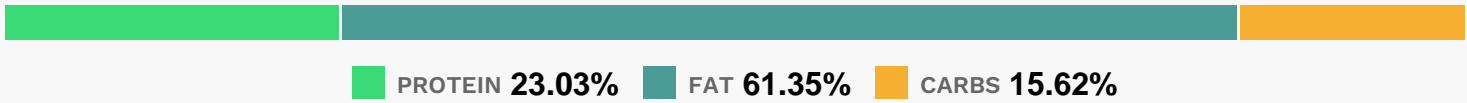
Equipment

- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Fold each sheet of aluminum foil in half lengthwise, then fold in half lengthwise again, to make 2 strips of foil 4 inches wide by 16 inches long.
- ☐ Place the strips into the bottom of a slow cooker in a cross, so that the long ends of the strips come partway up the inside of the cooker (to make lifting handles). Spray the inside of the slow cooker and the foil strips with cooking spray.
- ☐ Mix together the ground beef, pork sausage, egg whites, grits, onion powder, garlic powder, ketchup, and liquid smoke flavoring until thoroughly combined, and form into a rounded loaf. Gently place the loaf into the slow cooker on top of the crossed foil strips.
- ☐ Cover the cooker, set on Low, and cook for 5 to 6 hours. To serve, carefully hold the ends of the foil strips, and gently lift the meat loaf from the cooker by the foil handles to place on a serving platter for slicing.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:13.110434744669%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 374.5kcal (18.72%), Fat: 25.29g (38.91%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 14g (5.09%), Sugar: 4.43g (4.92%), Cholesterol: 80.89mg (26.96%), Sodium: 498.76mg (21.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.72%), Vitamin D: 7.12µg (47.45%), Vitamin B12: 2µg (33.41%), Zinc: 4.3mg (28.67%), Vitamin B3: 5.38mg (26.89%), Vitamin B6: 0.45mg (22.28%), Vitamin B2: 0.34mg (19.81%), Selenium: 13.44µg (19.2%), Phosphorus: 191.28mg (19.13%), Iron: 2.36mg (13.12%), Potassium: 393.33mg (11.24%), Vitamin B1: 0.16mg (10.74%), Vitamin B5: 0.87mg (8.66%), Vitamin E: 1.18mg (7.85%), Magnesium: 25.43mg (6.36%), Copper: 0.11mg (5.43%), Vitamin A: 258.68IU (5.17%), Folate: 18.01µg (4.5%), Manganese: 0.07mg (3.33%), Calcium: 25.72mg (2.57%), Vitamin K: 2.19µg (2.09%), Fiber: 0.5g (1.98%), Vitamin C: 1.37mg (1.66%)