



Smokey Apple Cinnamon Meatloaf

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup paula deen smokey apple cinnamon sauce plus more for garnish
- ☐ 0.8 cup apple sauce
- ☐ 3 slices bacon
- ☐ 1 cup bread crumbs plain
- ☐ 1 large eggs
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 pound ground pork
- ☐ 1 teaspoon kosher salt

- ☐ 1.5 pounds ground beef lean
- ☐ 0.8 cup vidalia onion finely chopped

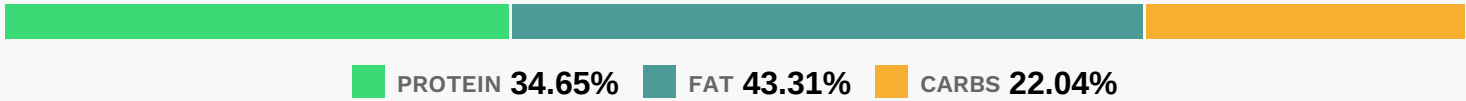
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Coat a 9 by 5 by 3-inch loaf pan with nonstick cooking spray and set aside.
- ☐ In a large bowl, combine the ground beef, ground pork, onion, egg, applesauce, bread crumbs, 3 tablespoons of Smokey Apple Cinnamon Sauce, kosher salt and black pepper.
- ☐ Mix well. Form the meat mixture into a loaf shape and press into the prepared pan.
- ☐ Brush the top of the meatloaf with 3 tablespoons Smokey Apple Cinnamon Sauce and top with 3 slices of bacon.
- ☐ Bake for 1 hour. In the last 10 minutes of baking, brush the remaining Smokey Apple Cinnamon Sauce over the top of the bacon and return to the oven.
- ☐ Remove from the oven and let cool 10 minutes. Turn out onto a serving platter and garnish with additional Smokey Apple Cinnamon Sauce.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:19.849999966829%

Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 3.85mg, Epicatechin: 3.85mg, Epicatechin: 3.85mg, Epicatechin: 3.85mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.23mg, Kaempferol:

0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 420.15kcal (21.01%), Fat: 19.88g (30.59%), Saturated Fat: 7.47g (46.71%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 20.97g (7.62%), Sugar: 8.83g (9.82%), Cholesterol: 135.78mg (45.26%), Sodium: 703.04mg (30.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.58%), Selenium: 38.65µg (55.22%), Vitamin B12: 3µg (49.95%), Vitamin B3: 9.6mg (48%), Zinc: 7.15mg (47.67%), Vitamin B1: 0.56mg (37.18%), Phosphorus: 361.81mg (36.18%), Vitamin B6: 0.7mg (35%), Vitamin B2: 0.42mg (24.5%), Iron: 4.32mg (23.99%), Potassium: 647.05mg (18.49%), Vitamin B5: 1.32mg (13.19%), Magnesium: 46.28mg (11.57%), Manganese: 0.23mg (11.44%), Copper: 0.19mg (9.63%), Folate: 37.49µg (9.37%), Fiber: 1.79g (7.18%), Calcium: 61.11mg (6.11%), Vitamin E: 0.59mg (3.9%), Vitamin C: 1.94mg (2.35%), Vitamin D: 0.32µg (2.16%), Vitamin K: 2.11µg (2.01%), Vitamin A: 73.01IU (1.46%)