



Smokey Chipotle Meatloaf

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



6

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons hickory barbeque sauce flavored
- 0.5 teaspoon celery salt
- 2 chipotle chilies in adobo sauce minced to taste
- 2 tablespoons adobo sauce from chipotle peppers
- 2 eggs
- 2 cloves garlic minced to taste
- 0.5 teaspoon ground cumin
- 1 teaspoon coarse ground pepper black

- 1 teaspoon kosher salt
- 2 pounds ground beef lean
- 0.5 cup oatmeal dry
- 1 onion chopped
- 1 tablespoon worcestershire sauce

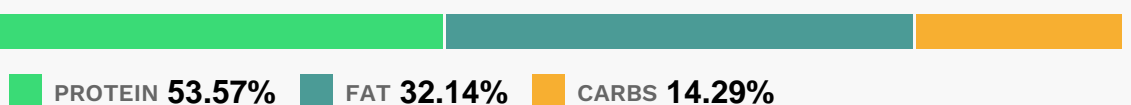
Equipment

- frying pan
- oven
- whisk
- mixing bowl
- loaf pan
- kitchen thermometer

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Spray a 9x5-inch loaf pan with cooking spray.
- Beat the eggs in a large mixing bowl until smooth, then whisk in 1/3 cup barbeque sauce, garlic, chipotle chiles, adobo sauce, kosher salt, black pepper, celery salt, cumin, and Worcestershire sauce until evenly smooth.
- Mix in the onion, oatmeal, and ground beef with your hands until evenly blended. Pack the mixture into the prepared pan.
- Brush the top of the meatloaf with 2 more tablespoons of barbeque sauce.
- Bake in the preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:17.933478293212%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 271.09kcal (13.55%), Fat: 9.36g (14.4%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 7.54g (2.74%), Sugar: 3.79g (4.21%), Cholesterol: 148.3mg (49.43%), Sodium: 801.03mg (34.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.09g (70.18%), Vitamin B12: 3.52µg (58.62%), Zinc: 8.15mg (54.34%), Selenium: 32.21µg (46.02%), Vitamin B3: 8.46mg (42.28%), Phosphorus: 354.45mg (35.45%), Vitamin B6: 0.66mg (32.95%), Iron: 4.66mg (25.89%), Vitamin B2: 0.33mg (19.28%), Potassium: 631.5mg (18.04%), Vitamin B5: 1.3mg (12.99%), Manganese: 0.23mg (11.46%), Magnesium: 44.68mg (11.17%), Copper: 0.17mg (8.39%), Fiber: 1.82g (7.27%), Vitamin B1: 0.1mg (6.52%), Folate: 19.55µg (4.89%), Vitamin E: 0.66mg (4.37%), Calcium: 37.94mg (3.79%), Vitamin D: 0.44µg (2.96%), Vitamin C: 2.08mg (2.53%), Vitamin A: 99.4IU (1.99%), Vitamin K: 1.33µg (1.27%)