

# Southern-Style Meatloaf

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound bacon
- 1 teaspoon pepper black freshly ground
- 3 large eggs
- 1 cup catsup
- 1 tablespoon kosher salt
- 3 pounds ground beef lean
- 1 medium onion grated
- 1 tablespoon soya sauce

- 0.5 teaspoon all the tabasco sauce you handle
- 3 slices sandwich bread white with water and torn into 1/2-inch pieces
- 1 teaspoon worcestershire sauce

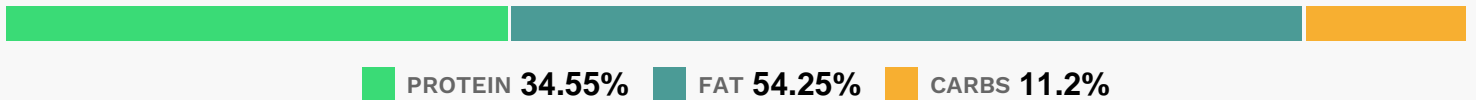
## Equipment

- oven
- mixing bowl
- glass baking pan

## Directions

- Put oven rack in middle position and preheat oven to 350°F.
- In large mixing bowl, using hands, gently knead together all ingredients except bacon until just combined.
- Transfer mixture to a 13 X 9-inch glass baking dish and mound into a 12 X 6-inch oval loaf.
- Spread bacon strips over loaf and bake until meat is firm and bacon is well done, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:14.88, Glycemic Load:2.89, Inflammation Score:-3, Nutrition Score:19.433912971745%

## Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

## Nutrients (% of daily need)

Calories: 447.98kcal (22.4%), Fat: 26.55g (40.84%), Saturated Fat: 9.63g (60.22%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 11.83g (4.3%), Sugar: 6.13g (6.81%), Cholesterol: 170.11mg (56.7%), Sodium: 1476.6mg (64.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.04g (76.07%), Vitamin B12: 3.41µg (56.81%), Selenium: 39.39µg (56.27%), Zinc: 7.79mg (51.96%), Vitamin B3: 10.1mg (50.51%), Phosphorus: 385.39mg (38.54%), Vitamin B6: 0.74mg (37.1%), Iron: 4.15mg (23.04%), Vitamin B2: 0.39mg (22.9%), Potassium: 685.32mg (19.58%), Vitamin B1: 0.23mg (15.63%), Vitamin B5: 1.43mg (14.3%), Magnesium: 44.59mg (11.15%), Copper: 0.18mg (8.78%), Vitamin E:

1.11mg (7.37%), Manganese: 0.14mg (7.08%), Folate: 26.85µg (6.71%), Calcium: 47.21mg (4.72%), Vitamin A: 223.09IU (4.46%), Vitamin D: 0.62µg (4.12%), Vitamin C: 2.03mg (2.46%), Fiber: 0.5g (1.99%), Vitamin K: 1.57µg (1.5%)