



The Creek's Meatloaf

READY IN



35 min.

SERVINGS



8

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices oat-nut bread
- ☐ 1 tablespoon brown sugar
- ☐ 10 slices bacon crumbled cooked
- ☐ 1 bell pepper green chopped
- ☐ 1 pound ground sirloin
- ☐ 1 onion chopped
- ☐ 1 bunch parsley chopped
- ☐ 1 cup quick-cooking oats
- ☐ 1 teaspoon cajun seasoning salt

- ☐ 1.5 cups cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 10.8 ounce seasoned tomato sauce canned
- ☐ 2 tablespoons worcestershire sauce

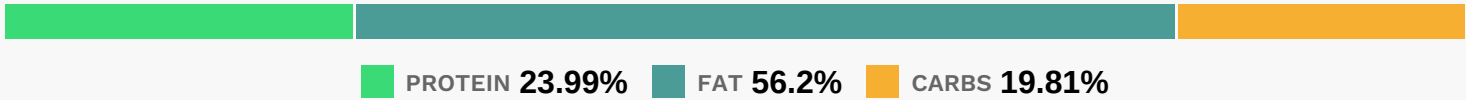
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix ground sirloin, bacon, onion, bell pepper, oats, Cheddar cheese, sour cream, Worcestershire sauce, and Cajun seasoning salt in a large bowl; shape into a loaf.
- ☐ Line 1 1/2-quart loaf pan with bread slices. Put loaf atop the bread.
- ☐ Bake in the preheated oven until no longer pink in the center, about 15 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).
- ☐ Stir tomato sauce and brown sugar together in a saucepan over medium heat; simmer until the sugar dissolves.
- ☐ Add Cheddar cheese in small batches, stirring to melt each batch before adding the next. Stir onion and parsley into the sauce and continue cooking until hot, about 5 minutes.
- ☐ Pour sauce over the meatloaf.

Nutrition Facts



Properties

Glycemic Index:34.96, Glycemic Load:6.86, Inflammation Score:-8, Nutrition Score:22.0099999948999%

Flavonoids

Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 370.25kcal (18.51%), Fat: 23.26g (35.79%), Saturated Fat: 10.25g (64.07%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 15.85g (5.76%), Sugar: 5.37g (5.96%), Cholesterol: 78.12mg (26.04%), Sodium: 623.25mg (27.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.68%), Vitamin K: 121.44µg (115.66%), Selenium: 26.38µg (37.68%), Phosphorus: 323.94mg (32.39%), Vitamin C: 25.82mg (31.29%), Manganese: 0.62mg (31.19%), Zinc: 4.29mg (28.6%), Vitamin B12: 1.59µg (26.57%), Vitamin A: 1252.66IU (25.05%), Vitamin B3: 4.8mg (24%), Calcium: 213.61mg (21.36%), Vitamin B6: 0.39mg (19.38%), Vitamin B2: 0.31mg (17.94%), Iron: 3.22mg (17.9%), Magnesium: 63.97mg (15.99%), Potassium: 538.01mg (15.37%), Vitamin B1: 0.21mg (13.75%), Fiber: 2.61g (10.45%), Copper: 0.19mg (9.33%), Folate: 36.74µg (9.19%), Vitamin B5: 0.87mg (8.74%), Vitamin E: 1.29mg (8.57%), Vitamin D: 0.22µg (1.49%)