

Beef

Cheesy Bacon Meatloaf

Winn-Dixie

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 15 minutes

1 pound 93% lean ground beef

1 egg, beaten

1 cup Cheddar cheese, shredded

1/4 cup milk

1/4 cup plain bread crumbs

1/2 teaspoon garlic powder

1/2 teaspoon seasoning salt

1/2 teaspoon dried oregano

1/8 teaspoon cracked black pepper

6 slices fully cooked bacon

Preheat oven to 400 degrees.

In a bowl, mix beef, egg, cheese, milk, bread crumbs and spices. Shape into loaf in a 9x5-inch loaf pan; top with bacon.

Bake 1 hour or until done (160 degrees). Let stand 5 minutes before removing from pan and slicing to serve.

Per Serving (excluding unknown items): 96 Calories; 7g Fat (69.9% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 57mg Cholesterol; 134mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 1 Fat.