

Olive Meatloaf

Rosemary Corcoran

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 8

2 pounds lean ground beef
1/2 cup onion, chopped
1 clove garlic, minced
1/4 teaspoon pepper
1/2 teaspoon oregano
1/2 teaspoon basil
1/2 teaspoon salt
1 can (6 ounce) pitted ripe olives, sliced
1 can (8 ounce) tomato sauce
3 slices bacon, halved

Preheat the oven to 350 degrees.

In a large bowl, thoroughly mix the ground beef, onion, garlic, pepper, oregano, basil and salt. Mix in the olives, reserving a few for garnish.

In a 13x9x2-inch baking pan, shape the mixture into a 12x4-inch rounded loaf. Pour the tomato sauce over the loaf. Lay the bacon slices across the loaf.

Bake for one hour and 15 minutes.

Garnish with the reserved olives.

Slice to serve hot or cold.

Per Serving (excluding unknown items): 328 Calories; 25g Fat (69.2% calories from fat); 21g Protein; 3g Carbohydrate; 1g Dietary Fiber; 87mg Cholesterol; 440mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	328	Vitamin B6 (mg):	.3mg
% Calories from Fat:	69.2%	Vitamin B12 (mcg):	2.7mcg
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	26.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	25g	Folacin (mcg):	15mcg
Saturated Fat (g):	10g	Niacin (mg):	6mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	87mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	21g
Sodium (mg):	440mg
Potassium (mg):	444mg
Calcium (mg):	21mg
Iron (mg):	2mg
Zinc (mg):	5mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	317IU
Vitamin A (r.e.):	32RE

% Daily Value 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 328 Calories from Fat: 227

% Daily Values*

Total Fat 25g	38%
Saturated Fat 10g	49%
Cholesterol 87mg	29%
Sodium 440mg	18%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	3%
Protein 21g	
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Vitamin A	6%
Vitamin C	6%
Calcium	2%
Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.