

# Cheesy Crockpot Meatloaf

Gwen  
www.SlowCookerKitchen.com

## Servings: 6

1 to 1-1/4 pounds ground beef  
1 large onion, 1/3 diced fine, 2/3 sliced  
1 to 2 teaspoons garlic, minced  
1 cup ketchup  
3 tablespoons Worcestershire sauce  
2 tablespoons honey  
2 eggs  
3/4 cup bread crumbs or crushed crackers  
1 to 2 cups Cheddar cheese  
1 packet onion soup mix  
1/2 teaspoon garlic powder  
2 to 3 cups carrots (optional), chopped  
2 large potatoes (optional), sliced

## Preparation Time: 15 minutes

### Slow Cooker: 8 hours

In a large bowl, mix the ground beef, diced onion, garlic, eggs, soup mix, cheddar cheese, bread crumbs, 1/4 cup ketchup and about one tablespoon Worcestershire sauce. Mix well. Form into a loaf.

Spray the insert of the crockpot with cooking spray.

Place the potatoes in the bottom of the crockpot. Place the meatloaf on top of the potatoes. Surround the meatloaf with the carrots and onions.

In a bowl, mix the remaining ketchup, Worcestershire sauce, honey and garlic powder. Pour the sauce over the meatloaf.

Cover and cook on LOW for six to eight hours.

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Per Serving (excluding unknown items): 315 Calories; 19g Fat (51.8% calories from fat); 15g Protein; 24g Carbohydrate; 2g Dietary Fiber; 123mg Cholesterol; 1297mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.

Beef, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	315	Vitamin B6 (mg):	.2mg
% Calories from Fat:	51.8%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	29.7%	Thiamin B1 (mg):	.1mg

**% Calories from Protein:** 18.5%  
**Total Fat (g):** 19g  
**Saturated Fat (g):** 9g  
**Monounsaturated Fat (g):** 7g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 123mg  
**Carbohydrate (g):** 24g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 15g  
**Sodium (mg):** 1297mg  
**Potassium (mg):** 460mg  
**Calcium (mg):** 178mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 21mg  
**Vitamin A (i.u.):** 697IU  
**Vitamin A (r.e.):** 127RE

**Riboflavin B2 (mg):** .3mg  
**Folacin (mcg):** 25mcg  
**Niacin (mg):** 3mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 315 **Calories from Fat:** 163

### % Daily Values\*

<b>Total Fat</b>	19g	28%
Saturated Fat	9g	43%
<b>Cholesterol</b>	123mg	41%
<b>Sodium</b>	1297mg	54%
<b>Total Carbohydrates</b>	24g	8%
Dietary Fiber	2g	6%
<b>Protein</b>	15g	
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<b>Vitamin A</b>		14%
<b>Vitamin C</b>		35%
<b>Calcium</b>		18%
<b>Iron</b>		11%

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