

# 5-Ingredient Easy Meatloaf

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/5-ingredient-southern-meatloaf-recipe>

## Ingredients:

- 16 ounces ground beef 90% Lean Grass-Fed
- 1 cup Parmesan cheese grated
- 1/2 cup onion diced
- 1 egg
- 1/4 cup ketchup for mixing with beef see my recipe for homemade Ketchup!
- 1/3 cup ketchup for spreading on top of loaf see my recipe for homemade Ketchup!
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 145 milligrams
4. Fat: 25 grams
5. Protein: 33 grams
6. SaturatedFat: 11 grams
7. Sodium: 1180 milligrams
8. Sugar: 9 grams
9. TransFat: 1 grams

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