

# Asian Style Meatloaf

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-meatloaf-recipe>

## Ingredients:

- 1 tablespoon vegetable oil
- 1 onion chopped
- 3 cloves garlic minced
- 1 inch ginger peeled and minced
- 2 green onions finely sliced
- 1/4 cup hoisin sauce 100g
- 1/4 cup tomato ketchup 100g
- 1 pound lean ground beef 450g
- 1 pound lean ground pork 450g
- 1 cup breadcrumbs soft
- 1 large egg
- 3 tablespoons soy sauce
- 1/2 tsp ground pepper

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 190 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 53 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1450 milligrams
9. Sugar: 10 grams

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