

# Bacon Wrapped Meatloaf

Yield: 7 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/egg-and-onion-jewish-recipe>

## Ingredients:

- 2 pounds ground beef
- 1/2 green pepper deseeded and chopped
- 1/2 onion medium, chopped
- 2 cloves garlic minced
- 2 teaspoons worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 egg lightly beaten
- 1/2 cup quick cooking oats
- 1/3 cup ketchup
- 10 slices bacon
- 2 tablespoons dry rub spicy brown sugar

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 145 milligrams
4. Fat: 39 grams
5. Fiber: 1 grams
6. Protein: 32 grams
7. SaturatedFat: 14 grams
8. Sodium: 740 milligrams
9. Sugar: 3 grams
10. TransFat: 1.5 grams

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