

Slow Cooked Mexican Meatloaf

Yield: 7 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/ww-skinny-mexican-meatloaf-recipe>

Ingredients:

- 2 pounds ground beef chuck is the best
- 1 cup corn chips crushed into crumbs
- 1/2 cup taco sauce plus more for drizzling
- 1 beaten egg
- 2/3 cup shredded cheddar and/or Monterey Jack cheese
- 3 tablespoons taco seasoning the kind from the packet
- scallions optional
- sour cream optional

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 110 milligrams
4. Fat: 33 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 12 grams
8. Sodium: 600 milligrams
9. Sugar: 2 grams
10. TransFat: 1.5 grams

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