

# My Favorite Meatloaf

Yield: 6 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/great-dinner-recipe-to-cook-my-wife-on-mothers-day>

## Ingredients:

- 1 pound ground pork
- 1 pound ground beef
- 1/2 green pepper finely chopped
- 1 onion large, finely chopped
- 1 cup breadcrumbs I used Panko
- 1/2 cup milk
- 1 egg
- 1 cup barbecue sauce I used Guy Fieri's BBQ sauce
- salt
- pepper

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 145 milligrams
4. Fat: 29 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 11 grams
8. Sodium: 820 milligrams
9. Sugar: 13 grams
10. TransFat: 1 grams

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