

Halloween Meat Loaf or Feet Loaf

Yield: 12 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/halloween-feet-loaf-recipe>

Ingredients:

- 2 pounds ground beef
- 2 large eggs
- 2 cups panko crumbs
- 1 au jus
- 1/2 teaspoon pepper Freshly Cracked
- 1/2 teaspoon dry mustard
- 1 teaspoon onion powder
- 1 medium yellow onion
- 1 cup ketchup

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 85 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 5 grams
8. Sodium: 410 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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