Paleo Meatloaf (Whole30-friendly)

Yield: 4 min
Total Time: 65 min

Recipe from: https://www.recipeschoose.com/recipes/keto-friendly-swiss-steak-recipe

Ingredients:

- 3 pounds ground beef
- 1 cup blanched almond flour
- 3 eggs
- 1 onion medium, chopped
- 1 clove garlic minced
- 2 tablespoons mustard
- 1 tablespoon chili powder
- 1 1/2 tablespoons garlic salt
- 3 tablespoons tomato paste
- 1/4 cup unsweetened coconut milk full-fat
- 2 tablespoons olive oil or avocado oil

Nutrition:

1. Calories: 1060 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 390 milligrams
4. Fat: 78 grams
5. Fiber: 5 grams
6. Protein: 77 grams
7. SaturatedFat: 27 grams
8. Sodium: 470 milligrams
9. Sugar: 5 grams
10. TransFat: 3.5 grams

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