

Low Carb Meatloaf

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/meatloaf-with-italian-dressing-ketchup-onions-breadcrumbs-recipe>

Ingredients:

- 1 pound lean ground beef
- 1 green bell pepper
- 1/2 onion
- 1 clove garlic
- 2 large eggs
- 1/2 cup almond flour *see note
- 1/2 cup shredded cheddar
- 1/4 cup Parmesan cheese powdered
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 3 slices bacon thin-cut
- 3 tablespoons ketchup sugar free
- 1 tablespoon Italian salad dressing bottled

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 140 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 7 grams
8. Sodium: 860 milligrams
9. Sugar: 4 grams

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