

Paleo Whole30 Mexican Meatloaf

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chili-garlic-oil-recipe>

Ingredients:

- 2 pounds ground beef grass-fed
- 1 red pepper diced small
- 1/2 teaspoon salt
- 2 tablespoons garlic oil
- 2 large eggs
- 1/2 cup salsa low FODMAP, or salsa of choice*
- 1/2 cup flour sunflower seed
- 1/4 cup green onion chopped
- 1/4 cup chopped fresh cilantro optional
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/2 cup salsa additional, for the top

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 260 milligrams
4. Fat: 44 grams
5. Fiber: 3 grams
6. Protein: 50 grams
7. SaturatedFat: 15 grams
8. Sodium: 1460 milligrams
9. Sugar: 4 grams
10. TransFat: 2.5 grams

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