

# Mexican Taco Meatloaf

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-taco-meatloaf>

## Ingredients:

- 2 pounds ground beef
- 2 eggs
- 1 jar salsa divided, 16 oz jar
- 2 tablespoons ghee or other cooking oil
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 1 teaspoon oregano
- 1 teaspoon sea salt salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 260 milligrams
4. Fat: 42 grams
5. Fiber: 2 grams
6. Protein: 48 grams
7. SaturatedFat: 14 grams
8. Sodium: 1040 milligrams
9. Sugar: 2 grams
10. TransFat: 2.5 grams

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