

# Paula Deen Meatloaf

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/paula-deen-easter-egg-recipe>

## Ingredients:

- 1 pound lean ground beef
- 1 1/4 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 1 large egg
- 1 cup canned tomatoes diced, with their juice
- 1/2 cup quick cooking oats
- 1/3 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon yellow mustard

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 125 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1140 milligrams
9. Sugar: 10 grams

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