

# Grilled Barbecue Meatloaf

Yield: 20 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-barbecue-meatloaf-recipe>

## Ingredients:

- 2 pounds lean ground beef
- 1 pound ground pork
- 2 cups panko breadcrumbs
- 1 large egg
- 1 teaspoon granulated garlic
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/4 cup barbecue sauce
- 2 tablespoons ketchup
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## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 55 milligrams
4. Fat: 7 grams
5. Protein: 14 grams
6. SaturatedFat: 3 grams
7. Sodium: 270 milligrams
8. Sugar: 3 grams

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