

Man Approved Meatloaf

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sweet-hamburger-recipe>

Ingredients:

- 1 diced onions medium, finely
- 1 clove minced garlic finely
- 1 tablespoon canola oil or vegetable oil
- 2 pounds hamburger
- 2 slices white bread torn into small pieces
- 2 eggs
- 6 ounces chili sauce 1/2 of a jar
- 1 tablespoon worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup ketchup
- 1/4 cup barbecue sauce
- 1 teaspoon worcestershire sauce

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 260 milligrams
4. Fat: 40 grams
5. Fiber: 4 grams
6. Protein: 49 grams
7. SaturatedFat: 15 grams
8. Sodium: 1820 milligrams
9. Sugar: 14 grams
10. TransFat: 2.5 grams

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