

Family Favorite Meatloaf

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-family-recipe>

Ingredients:

- 1 pound ground beef
- 1/2 bell pepper diced
- 1/2 small onion diced
- 1 egg
- 1/2 cup bread crumbs
- 1/2 cup shredded cheese any kind
- 1/3 cup ketchup
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup ketchup
- 2 tablespoons brown sugar

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 145 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 29 grams
7. SaturatedFat: 10 grams
8. Sodium: 1010 milligrams
9. Sugar: 15 grams
10. TransFat: 1 grams

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