



Categories: Family Friendly. Keto. Low Carb.

Meatloaf

Yield: 8

Prep time: 20 minutes

Total time: 1 hour 5 minutes

Ingredients

2 pounds ground beef, 85% lean

½ cup pork rinds with bread crumb seasoning (see recipe

1/8 cup heavy cream

½ cup Rao's Arrabbiata sauce

½ teaspoon black pepper

¼ teaspoon sea salt

2 large eggs

Directions

Preheat oven to 350 degrees F. Grease small roaster pan with avocado oil spray. Place pork rinds in food processor or bag and grind into fine crumbs or smash with a rolling pin. Add ½ of the bread crumb recipe seasoning. Place all ingredients into a large mixing bowl, mix together with gloved hands until combined. Put into roaster pan and form into a meatloaf log. Bake uncovered in oven for 45 minutes. Remove and let set for 5 minutes. Serve hot!

Macronutrient Breakdown

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	354.5 kcal	18 %
Total Fat	23.2 g	36 %
Saturated Fat	9.4 g	47 %
Trans Fat	1 g	
Cholesterol	142.7 mg	48 %
Sodium	525.7 mg	22 %
Total Carbohydrate	0.6 g	0 %
Dietary Fiber	0.2 g	1 %
Sugars	0.4 g	
Protein	33.8 g	68 %
Vitamin A	3 %	• Vitamin C 2 %
Calcium	1 %	• Iron 12 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.