

Cheeseburger Meatloaf

Publix Aprons

*1 1/2 pounds ground beef
1/2 cup egg substitute
1/2 cup pre-diced yellow onions
1 cup cheddar cheese, shredded
1/2 cup cheese crackers, finely
crushed
1/2 cup thousand island salad
dressing*

Preheat the oven to 350 degrees.

In a medium bowl, combine the ground beef, egg, onions, cheese and crackers until blended. Form the mixture into a loaf. Place on a foil-lined baking sheet (or in a loaf pan).

Bake for 30 minutes.

Pour the dressing over the loaf.

Bake for 5 minutes more until hot and the beef is 160 degrees.

Per Serving (excluding unknown items): 3826 Calories; 306g Fat (72.5% calories from fat); 168g Protein; 93g Carbohydrate; 2g Dietary Fiber; 748mg Cholesterol; 3458mg Sodium. Exchanges: 3 1/2 Grain(Starch); 22 Lean Meat; 1 1/2 Fruit; 72 Fat.