

Nutrition Facts

Serving Size
5 oz (142g)

Calories
per serving **550**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 40g	51%	Total Carb. 23g	8%
Saturated Fat 16g	82%	Fiber 2g	8%
<i>Trans Fat</i> 0g		Total Sugars 5g	
Cholesterol 160mg	53%	Incl.0g Added Sugars	0%
Sodium 380mg	17%	Protein 26g	
Vitamin D 0% · Calcium 4% · Iron 20% · Potassium 10%			

Cajun Meatloaf

Ingredients: ground beef, crushed canned tomato, panko, ketchup, celery, green bell pepper, yellow onion, liquid whole eggs, milk, worcestershire sauce, water, flour, butter, granulated sugar, garlic, black pepper, kosher salt, garlic powder, onion powder, ground oregano, ground thyme, dried basil, red chili flakes

Contains Eggs, Milk, Wheat