

## Gluten Free, Keto Friendly, Low Carb, Pork Free Meatloaf

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The calorie count and the fat count can differ based upon meat that you use. The grease that is in the bottom of the **loaf pan** can be saved and used to different purposes.

What is not to love about a meatloaf that is not only low carb, gluten free but also keto friendly?



This meatloaf is a lot like the bacon wrapped one, except that this one is 100% pork free.



When it comes out of the loaf pan, not only does it smell great, look great, but it also tastes great too.

## Ingredients

- 2-3 lbs ground beef or turkery (The goal is to have 3lbs of meat)
- 1/3 cup almond milk or heavy whipping cream
- ¾ cup **parmesan cheese**
- 2 eggs
- 1 tsp **lemon pepper**
- 1 tsp **sage**
- 3 Tbsp **minced onions**, dried
- 3 Tbsp dried **parsley** flakes
- 1 tsp dry **mustard powder**
- ¼ tsp **Splenda, sucralose, stevia** or **Erythritol**

## Directions:

Preheat oven to 350 degrees.

In a large **mixing bowl** with an **handheld mixer**, combine the first 12 ingredients. Mix on low until well combined. Take a regular size **loaf pan** or a **bread loaf pan** (same thing), line the bottom of the pan with **parchment paper** makes taking the meatloaf out of the pan extremely easy!) Using a **metal spoon scoop** the meat mixture from the **bowl** into the **loaf pan**.

Cook in the oven for 90 minutes, or until a **meat thermometer** shows 180-190. Remove from the oven, let stand for about 5 minutes to let cool.

You can also wrap this in turkey bacon if you wanted to.

I have heard of some people leaving out 1/2 lb of meat and filling it with 8 or so ounces of cheese, such as cheddar cheese.

You can see the full video on how to make this on my youtube channel -



