

how to make a bacon wrapped, keto friendly, gluten free meatloaf.

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The calorie count and the fat count can differ based upon the meat and the amount of bacon that you use. The grease that is in the bottom of the **loaf pan** can be saved and used to different purposes. It can be used as cooking grease, it can be used to flavor biscuits, flavor sausage gravy or other purposes. <https://youtu.be/zExTg8MDQus>

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



Ingredients

- 1 - 2 lbs ground pork
- 1 - 2 lbs ground beef or turkey (The goal is to have 3lbs of meat)
- 1/3 cup almond milk or heavy whipping cream
- 3/4 cup **Pork Rinds** ground
- 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**
- 1 LB of Bacon, not turkey bacon, real bacon

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), and lay a few slices of bacon on the bottom of the pan to make a nice bottom. (I have found that lining the bottom of the pan with **parchment paper** makes taking the meatloaf out of the pan extremely easy!) Take the bacon and line the sides of the loaf pan so that you have a good wrapper for the meat loaf then 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 take this time to drain the bacon grease from the meatloaf pan and put it into a jar or something.

Bacon grease.

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.