

YIELD: 7 SERVINGS

# Best Keto Meatloaf

A juicy keto meatloaf recipe that tastes just as good as the classic.

| PREP TIME         | COOK TIME | ADDITIONAL TIME |
|-------------------|-----------|-----------------|
| 10 minutes        | 1 hour    | 10 minutes      |
| <b>TOTAL TIME</b> |           |                 |
| 1 hour 20 minutes |           |                 |



## Ingredients

### Keto Breadcrumbs

- 1/2 cup grated parmesan
- 1/2 cup almond flour, (or coconut flour)
- 1 tablespoon dried parsley

### Meatloaf

- 2 pounds ground beef, (85/15 or 90/10 lean)
- 1/2 onion, chopped
- 1/2 green bell pepper, chopped
- 2 eggs
- 2 tablespoons Worcestershire sauce

- 2 tablespoons no sugar ketchup
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1 teaspoon garlic powder

## Topping

- 1/2 cup no sugar added ketchup

## Instructions

1. Preheat oven to 350 degrees. Line or grease a loaf pan.
2. Combine all of the meatloaf ingredients in a large bowl, and mix together. I recommend using your hands to mix everything.
3. Once everything is combined, transfer the mixture to the pan and mold it into a loaf.
4. Spread the ketchup over top of the meatloaf.
5. Bake the meatloaf uncovered for 1 hour, or until the internal temperature reaches 160 degrees.
6. Allow the meatloaf to rest for 10 minutes prior to serving.

## Notes

- Be sure to mix the meatloaf well to ensure that all the ingredients are combined.
- To avoid the meatloaf falling apart, be sure to let it cool for at least 10 minutes prior to serving.
- Oven times may vary. Cook the meatloaf a few minutes less or longer depending on your oven. The internal temperature of the meatloaf should reach 160 degrees.

## Nutrition Information: YIELD: 7 SERVING SIZE: 1

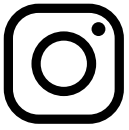
*Amount Per Serving:* CALORIES: 467 TOTAL FAT: 30g SATURATED FAT: 10g TRANS FAT: 1g

UNSATURATED FAT: 16g CHOLESTEROL: 175mg SODIUM: 777mg CARBOHYDRATES: 7g

NET CARBOHYDRATES: 5g FIBER: 2g SUGAR: 2g PROTEIN: 41g

*All nutritional information and calculations are provided as a courtesy. Nutritional values are estimates only. Variations may occur due to product, and brand selection. You should not rely on this information for medical advice.*

## Did you make this recipe?



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**CUISINE:** American / **CATEGORY:** Main Dishes

<https://curbingcarbs.com/keto-meatloaf-classic-southern-style/>