

Slightly Italiano Meat Loaf

SOURCE: AOL Recipes (Karen Barnaby)

- 4 oz pancetta, diced
- 3 eggs
- 3 lbs lean ground beef
- 40 grams (1/2 cup) finely ground pork rinds
- 1/2 C freshly grated Parmesan cheese
- 2 TBS finely chopped parsley
- 1/2 C finely chopped onion
- 2 cloves garlic, minced
- 1 TBS chili powder
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 2 TBS finely diced sun-dried tomatoes

DIRECTIONS:

Preheat oven to 350° F. Grind pancetta in food processor. Add eggs and pulse to combine. Place in large bowl - add remaining ingredients. Mix well with your hands and pack into 12 x 4 1/2" loaf pan. Bake at 350° F for 75 minutes. Let cool for 15 minutes before cutting.

Makes: approximately 12 slices

Total Carbohydrates: 16.26

Total Carbohydrates Minus Fiber: 11.59

Carbohydrates per Serving: 1.35

Carbohydrates per Serving minus Fiber: .96