



30-Minute Mini Meat Loaves

 Dairy Free  Popular

READY IN



30 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar packed
- 1 eggs
- 0.5 lb ground pork
- 0.5 cup catsup
- 1 lb ground beef 80% lean (at least)
- 0.3 cup onion finely chopped
- 0.3 teaspoon pepper
- 0.5 cup baking mix original bisquick®

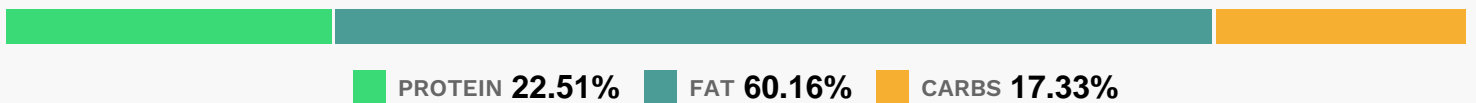
Equipment

- bowl
- frying pan
- oven
- kitchen thermometer
- spatula

Directions

- Heat oven to 450°F. In small bowl, stir ketchup and brown sugar until mixed; reserve 1/4 cup for topping. In large bowl, stir remaining ingredients and remaining ketchup mixture until well mixed.
- Spray 13x9-inch pan with cooking spray.
- Place meat mixture in pan; pat into 12x4-inch rectangle.
- Cut lengthwise down center and then crosswise into sixths to form 12 loaves. Separate loaves, using spatula, so no edges are touching.
- Brush loaves with reserved 1/4 cup ketchup mixture.
- Bake 18 to 20 minutes or until loaves are no longer pink in center and meat thermometer inserted in center of loaves reads 160°F.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:12.705217408097%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 383kcal (19.15%), Fat: 25.4g (39.07%), Saturated Fat: 9.41g (58.8%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 16.06g (5.84%), Sugar: 9.62g (10.68%), Cholesterol: 108.37mg (36.12%), Sodium: 392.64mg (17.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.76%), Selenium: 23.87µg (34.09%), Vitamin B12: 1.99µg (33.11%), Vitamin B3: 5.59mg (27.97%), Zinc: 4.19mg (27.96%), Phosphorus: 266.04mg (26.6%), Vitamin B1: 0.38mg (25%), Vitamin B6: 0.45mg (22.53%), Vitamin B2: 0.31mg (18.42%), Iron: 2.33mg (12.92%), Potassium: 411.38mg (11.75%), Vitamin B5: 0.86mg (8.57%), Magnesium: 27.18mg (6.8%), Folate: 26.25µg (6.56%), Copper: 0.11mg (5.32%), Calcium: 49.13mg (4.91%), Vitamin E: 0.69mg (4.63%), Manganese: 0.09mg (4.45%), Vitamin A: 145.84IU (2.92%), Vitamin K: 2.8µg (2.66%), Vitamin C: 1.61mg (1.95%), Fiber: 0.4g (1.62%), Vitamin D: 0.22µg (1.48%)