



30-Minute Mini Meatloaves



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



340 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 frangelico

☐ 0.5 cup frangelico

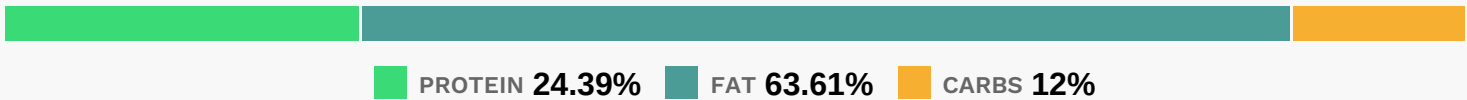
Equipment

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

Directions

- ☐ Heat oven to 450F. 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 160F.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:11.421739127325%

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: 340.2kcal (17.01%), Fat: 23.86g (36.7%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 9.94g (3.61%), Sugar: 8.45g (9.39%), Cholesterol: 108.17mg (36.06%), Sodium: 265.04mg (11.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.58g (41.16%), Selenium: 23.12µg (33.02%), Vitamin B12: 1.95µg (32.46%), Zinc: 4.13mg (27.56%), Vitamin B3: 5.14mg (25.7%), Vitamin B6: 0.44mg (22.15%), Vitamin B1: 0.32mg (21.17%), Phosphorus: 207.54mg (20.75%), Vitamin B2: 0.27mg (15.85%), Iron: 2.05mg (11.38%), Potassium: 395.08mg (11.29%), Vitamin B5: 0.77mg (7.68%), Magnesium: 24.68mg (6.17%), Copper: 0.09mg (4.55%), Vitamin E: 0.68mg (4.54%), Folate: 13.75µg (3.44%), Calcium: 31.23mg (3.12%), Vitamin A: 145.44IU (2.91%), Manganese: 0.05mg (2.75%), Vitamin K: 2.15µg (2.04%), Vitamin C: 1.58mg (1.91%), Vitamin D: 0.22µg (1.48%)