



BBQ-Glazed Mini Meatloaves

READY IN



40 min.

SERVINGS



12

CALORIES



143 kcal

SIDE DISH

Ingredients

- 0.5 cup bull's-eye bold original barbecue sauce
- 1 tablespoon brown sugar
- 1 cup mozza-cheddar cheese shredded kraft
- 1 pound extra-lean ground beef
- 2 green onions thinly sliced
- 120 g stove top stuffing mix for chicken
- 1 cup water hot

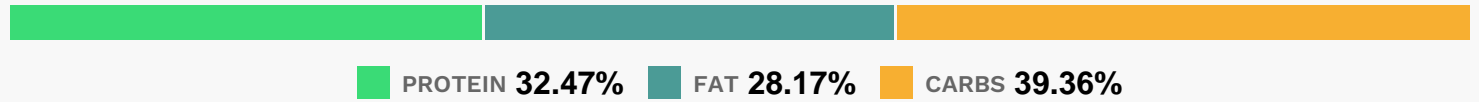
Equipment

- bowl
- oven
- muffin liners

Directions

- Heat oven to 375 degrees F.
- Add hot water to stuffing mix in large bowl; stir just until moistened.
- Add meat, cheese and onions; mix well.
- Press into 12 muffin cups sprayed with cooking spray.
- Bake 25 min. or until done (160 degrees F), brushing with combined barbecue sauce and sugar for the last 10 min.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:6.6278260972189%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 143.32kcal (7.17%), Fat: 4.39g (6.76%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 13.33g (4.85%), Sugar: 5.9g (6.55%), Cholesterol: 30.91mg (10.3%), Sodium: 348.3mg (15.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.4g (22.8%), Selenium: 13.14µg (18.78%), Vitamin B12: 1.06µg (17.69%), Zinc: 2.32mg (15.47%), Vitamin B3: 2.75mg (13.73%), Phosphorus: 125.15mg (12.51%), Vitamin B6: 0.18mg (8.87%), Vitamin B2: 0.14mg (8%), Iron: 1.43mg (7.97%), Calcium: 67.03mg (6.7%), Potassium: 196.98mg (5.63%), Vitamin B1: 0.08mg (5.45%), Folate: 20.87µg (5.22%), Vitamin K: 4.79µg (4.56%), Manganese: 0.08mg (4.24%), Magnesium: 16.42mg (4.1%), Copper: 0.07mg (3.39%), Vitamin B5: 0.32mg (3.18%), Vitamin A: 109.93IU (2.2%), Fiber: 0.48g (1.92%), Vitamin E: 0.27mg (1.79%)