

FREEZER
friendly



Cheddar BBQ Meatloaf Muffins

READY IN



65 min.

SERVINGS



6

CALORIES



629 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup barbecue sauce
- 0.5 cup breadcrumbs plain dry
- 1 large eggs
- 2 cloves garlic minced
- 0.3 cup green onions finely chopped
- 0.5 teaspoon ground pepper black
- 1 teaspoon kosher salt
- 2 pounds meat marinade mix (ground beef, pork and veal)
- 0.7 cup milk

- 6 servings serving suggestions: potatoes and a salad green mashed
- 5 ounces cheddar shredded

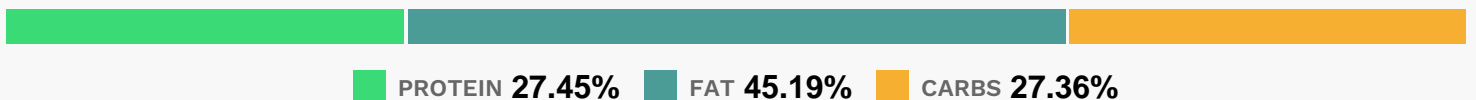
Equipment

- bowl
- frying pan
- baking sheet
- oven
- muffin tray

Directions

- Preheat the oven to 375 degrees F.
- Pour the milk over the breadcrumbs in a large bowl and stir to combine.
- Add the meatloaf mix, 1 cup of the cheese, 1/4 cup of the barbecue sauce, the salt, pepper, green onions, garlic and egg and mix with your hands until just combined.
- Divide and shape the mixture into 6 balls and arrange the balls in a 6-cup nonstick muffin pan.
- Place the muffin pan on a rimmed baking sheet and brush the remaining 1/4 cup barbecue sauce on top of the meat.
- Bake for 40 minutes, rotating the pan halfway through cooking.
- Sprinkle with the remaining 1/4 cup cheese. Continue to bake until the meatloaf muffins are cooked through to an internal temperature of 165 degrees F, about 5 minutes more; the interior muffins may take a little longer to cook. Cool 5 minutes in the pan.
- Arrange on a serving platter and serve with mashed potatoes and a green salad.

Nutrition Facts



Properties

Glycemic Index:40.46, Glycemic Load:20.02, Inflammation Score:-3, Nutrition Score:15.796521777692%

Flavonoids

Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 628.74kcal (31.44%), Fat: 33.16g (51.01%), Saturated Fat: 13.02g (81.4%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 41.03g (14.92%), Sugar: 11.19g (12.44%), Cholesterol: 163.72mg (54.57%), Sodium: 991.51mg (43.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.32g (90.63%), Vitamin C: 31.05mg (37.64%), Iron: 5.05mg (28.07%), Vitamin B6: 0.53mg (26.73%), Phosphorus: 261.05mg (26.1%), Calcium: 254.16mg (25.42%), Potassium: 796.43mg (22.76%), Manganese: 0.4mg (19.79%), Selenium: 12.97µg (18.53%), Vitamin B2: 0.28mg (16.66%), Fiber: 4.13g (16.51%), Vitamin B1: 0.24mg (16.21%), Vitamin K: 16.34µg (15.56%), Magnesium: 53.76mg (13.44%), Vitamin B3: 2.41mg (12.03%), Folate: 46.6µg (11.65%), Zinc: 1.73mg (11.52%), Copper: 0.23mg (11.31%), Vitamin A: 438.42IU (8.77%), Vitamin B5: 0.87mg (8.72%), Vitamin B12: 0.5µg (8.37%), Vitamin D: 0.61µg (4.04%), Vitamin E: 0.52mg (3.49%)