



Cheesy Salsa-Mini Meatloaves

READY IN



40 min.

SERVINGS



40

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups four cheese shredded mexican style divided kraft finely
- 1 eggs
- 1 lb ground beef lean
- 0.5 cup onions finely chopped
- 1 cup taco bellâ® & chunky salsa thick divided
- 0.5 cup saltines crushed finely

Equipment

- baking sheet

- oven
- aluminum foil
- muffin liners
- muffin tray

Directions

- Heat oven to 400F.
- Mix first 4 ingredients with 1 cup cheese and 1/2 cup salsa.
- Press into 12 muffin cups sprayed with cooking spray. Use back of spoon to make indentation in center of each.
- Place muffin pan on foil-covered baking sheet.
- Bake 20 to 25 min. or until meatloaves are done (160F). Top with remaining salsa and cheese; bake 3 min. or until cheese is melted.

Nutrition Facts

PROTEIN 37.18% **FAT 49.1%** **CARBS 13.72%**

Properties

Glycemic Index:1.35, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.1121739058391%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 40.74kcal (2.04%), Fat: 2.2g (3.39%), Saturated Fat: 1.12g (7%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.36g (0.4%), Cholesterol: 15.36mg (5.12%), Sodium: 87.71mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Selenium: 3.67µg (5.24%), Vitamin B12: 0.31µg (5.16%), Zinc: 0.77mg (5.13%), Phosphorus: 47.59mg (4.76%), Vitamin B3: 0.76mg (3.79%), Calcium: 34.04mg (3.4%), Vitamin B6: 0.06mg (3.19%), Vitamin B2: 0.05mg (2.87%), Iron: 0.38mg (2.09%), Potassium: 65.04mg (1.86%), Vitamin A: 79.65IU (1.59%), Magnesium: 5.15mg (1.29%), Vitamin B5: 0.13mg (1.27%), Vitamin E: 0.16mg (1.1%), Vitamin B1: 0.02mg (1.04%)