



Classic Mini Meatloaves

 Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons onion soup mix dry
- ☐ 1 pound ground round beef 85% lean
- ☐ 0.5 cup quick-cooking rolled oats
- ☐ 0.3 cup hunt's® tomato ketchup
- ☐ 8 ounce hunt's® tomato sauce-no salt added canned
- ☐ 0.3 cup original egg beaters®

Equipment

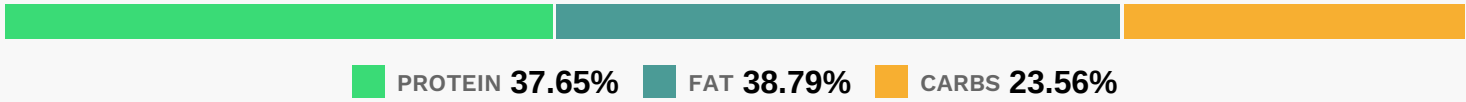
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F. Line shallow baking pan with aluminum foil; spray foil with cooking spray.
- ☐ Mix beef, tomato sauce, Egg Beaters, oats and soup mix in large bowl until well blended. Shape into 4 mini meatloaves, about 4x3 inches; place in prepared pan.
- ☐ Spread ketchup evenly over tops of meatloaves.
- ☐ Bake 25 minutes or until meatloaves are cooked through (160 degrees F).
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:4.84, Inflammation Score:-5, Nutrition Score:19.247391576352%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 284.6kcal (14.23%), Fat: 12.23g (18.82%), Saturated Fat: 4.74g (29.64%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 14.62g (5.32%), Sugar: 5.53g (6.15%), Cholesterol: 73.71mg (24.57%), Sodium: 808.75mg (35.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.72g (53.44%), Vitamin D: 7.48µg (49.88%), Vitamin B12: 2.58µg (42.99%), Zinc: 6.13mg (40.88%), Vitamin B3: 6.67mg (33.33%), Selenium: 22.9µg (32.72%), Phosphorus: 282.19mg (28.22%), Manganese: 0.55mg (27.38%), Vitamin B6: 0.54mg (27.1%), Vitamin B2: 0.42mg (24.58%), Iron: 3.88mg (21.53%), Potassium: 637.88mg (18.23%), Magnesium: 62.75mg (15.69%), Vitamin E: 2.03mg (13.51%), Vitamin B5: 1.14mg (11.45%), Copper: 0.21mg (10.52%), Vitamin A: 445.85IU (8.92%), Vitamin B1: 0.13mg (8.54%), Fiber: 2.1g (8.38%), Folate: 26.33µg (6.58%), Vitamin C: 4.71mg (5.71%), Calcium: 33.92mg (3.39%), Vitamin K: 3.32µg (3.16%)