



Contadina® Mini Meatloaves with Tomato Glaze

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons brown sugar packed
- 1 eggs
- 1.5 pounds ground beef lean
- 1 tablespoon olive oil
- 0.3 cup onion finely chopped
- 12 saltines crushed finely
- 15 ounce contadina® tomato sauce canned

3 tablespoons worcestershire sauce

Equipment

bowl

frying pan

Directions

Combine beef, onion, cracker crumbs, Worcestershire and egg in a large bowl.

Mix well with hands or a spoon.

Shape meat into 6 rectangular mini meatloaves, each about the size of a deck of cards (3-1/2 by 2x1/2 by 1/2-inch thick).

Heat oil in a wide skillet over medium-high heat; brown meatloaves 3 to 4 minutes per side.

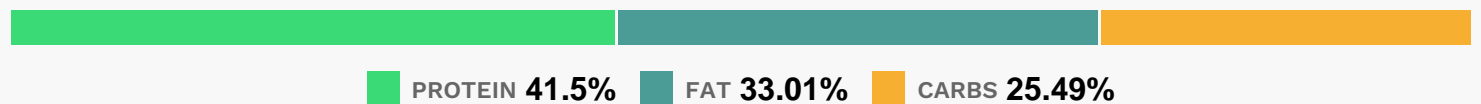
Remove from pan and set aside.

Drain fat from pan.

Add sauce and brown sugar to pan. Bring to a boil; reduce heat and simmer over medium heat 3 minutes, stirring frequently until slightly reduced. Return meatloaves to pan and spoon sauce over tops. Simmer, uncovered, over medium heat 5 minutes or until cooked through.

Serve meatloaves and sauce with mashed or roasted potatoes, if desired.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:1.35, Inflammation Score:-4, Nutrition Score:15.979999894681%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 260.57kcal (13.03%), Fat: 9.44g (14.52%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 15.05g (5.47%), Sugar: 9.58g (10.64%), Cholesterol: 97.59mg (32.53%), Sodium: 590.15mg

(25.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.7g (53.4%), Vitamin B12: 2.61µg (43.51%), Zinc: 6.09mg (40.62%), Vitamin B3: 7.4mg (36.99%), Selenium: 23.17µg (33.11%), Phosphorus: 271.58mg (27.16%), Vitamin B6: 0.54mg (27.1%), Iron: 4.36mg (24.23%), Potassium: 707.83mg (20.22%), Vitamin B2: 0.3mg (17.9%), Vitamin E: 1.83mg (12.19%), Vitamin B5: 1.1mg (11.04%), Copper: 0.2mg (10.24%), Magnesium: 40.15mg (10.04%), Vitamin C: 6.56mg (7.95%), Vitamin B1: 0.12mg (7.84%), Manganese: 0.15mg (7.6%), Vitamin A: 353.39IU (7.07%), Folate: 25.54µg (6.39%), Fiber: 1.34g (5.38%), Vitamin K: 5.39µg (5.13%), Calcium: 41.01mg (4.1%), Vitamin D: 0.26µg (1.73%)