



Easy Mini Meat Loaves

READY IN



45 min.

SERVINGS



10

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz biscuits refrigerated
- ☐ 1 cup catsup divided
- ☐ 1 eggs beaten
- ☐ 1.5 pounds ground beef
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup quick-cooking oats uncooked
- ☐ 1 cup cheddar cheese shredded

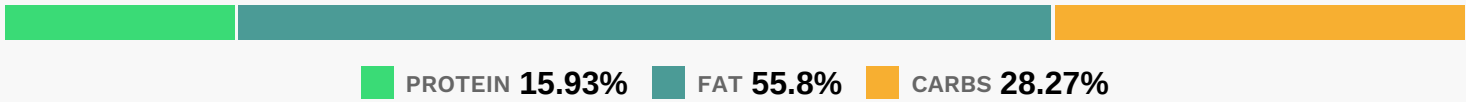
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ muffin liners

Directions

- ☐ Divide and press biscuit dough across the bottom and up the sides of 10 greased muffin cups; set aside.
- ☐ Combine ground beef, 1/2 cup catsup, onion, egg and oats in a medium mixing bowl; mix well. Form into 10 balls; place one in each biscuit cup.
- ☐ Spread remaining catsup on the tops; sprinkle with cheese.
- ☐ Bake at 350 degrees for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:18.3, Glycemic Load:14.62, Inflammation Score:-4, Nutrition Score:11.77304353403%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 435.03kcal (21.75%), Fat: 26.95g (41.47%), Saturated Fat: 10.31g (64.45%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 29.88g (10.86%), Sugar: 12.88g (14.31%), Cholesterol: 75.98mg (25.33%), Sodium: 463.89mg (20.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.62%), Vitamin B12: 1.62µg (26.92%), Selenium: 17.76µg (25.37%), Zinc: 3.6mg (24.01%), Vitamin B3: 4.37mg (21.85%), Phosphorus: 208.26mg (20.83%), Vitamin B2: 0.32mg (18.93%), Vitamin B6: 0.31mg (15.44%), Iron: 2.62mg (14.58%), Manganese: 0.28mg (13.8%), Vitamin B1: 0.17mg (11.44%), Vitamin E: 1.61mg (10.71%), Calcium: 105.42mg (10.54%), Folate: 41.09µg (10.27%), Potassium: 314.79mg (8.99%), Magnesium: 29.3mg (7.33%), Vitamin B5: 0.59mg (5.94%), Vitamin A: 289.52IU (5.79%), Vitamin K: 6.07µg (5.78%), Copper: 0.11mg (5.5%), Fiber: 0.84g (3.36%), Vitamin C: 1.58mg (1.91%), Vitamin D: 0.22µg (1.49%)