



Meatloaf Cupcakes with Mashed Potato Icing

READY IN



70 min.

SERVINGS



18

CALORIES



259 kcal

Ingredients

- 2 eggs beaten
- 2 lb ground beef 80% lean (at least)
- 1 cup panko bread crumbs crispy
- 1 small onion red finely chopped
- 1 tablespoon parsley fresh italian coarsely chopped (flat-leaf)
- 2 cloves garlic finely chopped
- 0.7 cup catsup
- 2 teaspoons worcestershire sauce
- 1 serving salt and pepper
- 6 large potatoes cubed peeled

- 0.3 cup seasoning
- 0.3 cup milk
- 1 serving salt and pepper

Equipment

- bowl
- sauce pan
- oven
- kitchen thermometer
- muffin liners

Directions

- Heat oven to 350°F. Spray 18 regular-size muffin cups with cooking spray.
- In large bowl, mix Meatloaf ingredients until well combined. Divide mixture evenly among muffin cups, pressing mixture down firmly.
- Bake 35 to 40 minutes or until meat thermometer inserted in center of loaves reads 160°F. Cool slightly in muffin cups.
- While loaves are baking, in 3-quart saucepan, place potatoes in generously salted cold water.
- Heat to boiling. Reduce heat; cook potatoes until fork-tender.
- Drain; return to saucepan.
- Add butter and 1/4 cup milk; mash until creamy and smooth, adding more milk as necessary. Season with salt and pepper. Make sure mashed potatoes are creamy and smooth so they can be piped onto meatloaves.
- Place potatoes in 10-inch decorating bag without tip. Starting at outside of loaf and in circular motion, pipe potatoes onto each meatloaf. If desired, garnish with additional parsley.
- Remove from muffin cups.

Nutrition Facts



PROTEIN 19.3% **FAT 37.99%** **CARBS 42.71%**

Properties

Glycemic Index:11.99, Glycemic Load:15.96, Inflammation Score:-4, Nutrition Score:12.624782582988%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 259.19kcal (12.96%), Fat: 10.99g (16.9%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 24.51g (8.91%), Sugar: 3.6g (4%), Cholesterol: 54.38mg (18.13%), Sodium: 185.19mg (8.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.12%), Vitamin C: 25.55mg (30.97%), Vitamin B6: 0.57mg (28.64%), Potassium: 722.48mg (20.64%), Vitamin B12: 1.15µg (19.2%), Vitamin B3: 3.83mg (19.15%), Zinc: 2.64mg (17.6%), Phosphorus: 174.45mg (17.45%), Selenium: 10.51µg (15.01%), Manganese: 0.28mg (14.07%), Iron: 2.53mg (14.04%), Fiber: 3.28g (13.14%), Vitamin K: 11.58µg (11.03%), Vitamin B1: 0.16mg (10.83%), Magnesium: 43.13mg (10.78%), Vitamin B2: 0.18mg (10.34%), Copper: 0.19mg (9.62%), Folate: 33.01µg (8.25%), Vitamin B5: 0.74mg (7.44%), Calcium: 51.86mg (5.19%), Vitamin E: 0.53mg (3.53%), Vitamin A: 110.69IU (2.21%), Vitamin D: 0.19µg (1.24%)