

## Meatloaf Muffins

 Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 10.5 ounce all natural tomato soup canned
- 1 cup breadcrumbs dry
- 2 eggs
- 1 pinch pepper black
- 2 pounds ground beef lean
- 0.5 cup onion chopped
- 1 teaspoon salt

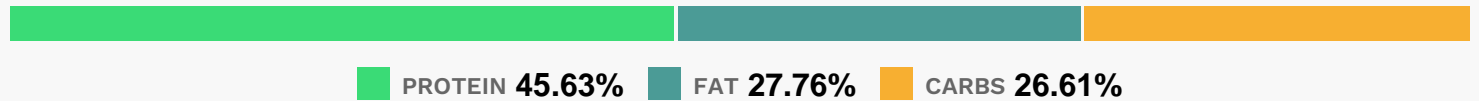
### Equipment

- bowl
- oven
- muffin liners
- muffin tray

## Directions

- Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a 12 cup muffin pan.
- Mix ground beef, soup, onion, bread crumbs, eggs, salt, and pepper in a bowl. Scoop mixture evenly into prepared muffin cups.
- Bake 1 hour in the preheated oven to a minimum temperature of 160 degrees F (70 degrees C). If desired, remove from oven after 50 minutes, drizzle ketchup on the top of each muffin, and return to oven for an additional 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.96, Glycemic Load:1.42, Inflammation Score:-2, Nutrition Score:10.464782709661%

## 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: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

## Nutrients (% of daily need)

Calories: 168.67kcal (8.43%), Fat: 5.07g (7.8%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 10.14g (3.69%), Sugar: 2.91g (3.23%), Cholesterol: 74.15mg (24.72%), Sodium: 413.76mg (17.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.75g (37.5%), Vitamin B12: 1.79µg (29.84%), Zinc: 4.13mg (27.53%), Selenium: 18.45µg (26.36%), Vitamin B3: 4.98mg (24.88%), Phosphorus: 188.69mg (18.87%), Vitamin B6: 0.35mg (17.45%), Iron: 2.53mg (14.03%), Potassium: 438.62mg (12.53%), Vitamin B2: 0.2mg (11.59%), Vitamin B1: 0.13mg (8.96%), Manganese: 0.14mg (6.84%), Vitamin B5: 0.66mg (6.56%), Magnesium: 25.54mg (6.39%), Copper: 0.1mg (5.09%), Folate: 18.12µg (4.53%), Vitamin C: 3.69mg (4.48%), Calcium: 32.3mg (3.23%), Fiber: 0.79g (3.17%), Vitamin A: 137.02IU (2.74%), Vitamin E: 0.38mg (2.54%), Vitamin K: 1.68µg (1.6%), Vitamin D: 0.22µg (1.48%)