



## Meatloaf Sliders

 Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup breadcrumbs
- 1 large eggs lightly beaten
- 1 pound ground beef
- 1 tablespoon parsley fresh minced
- 1 teaspoon thyme sprigs fresh minced
- 0.3 teaspoon garlic powder
- 0.5 cup catsup
- 24 servings salt and pepper freshly ground

- 24 servings mayonnaise for serving
- 0.3 cup onion grated
- 24 slider buns split
- 0.5 tablespoon worcestershire sauce

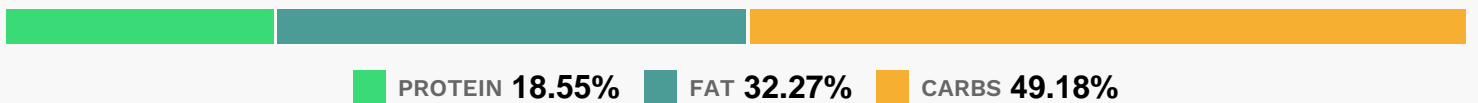
## Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack

## Directions

- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper and place a cooling rack on top. Mist the rack lightly with cooking spray.
- Combine the beef, egg, 1/4 cup ketchup, the onion, breadcrumbs, Worcestershire sauce, parsley, thyme, 1/2 teaspoon each salt and pepper, and the garlic powder in a large bowl. Use your hands to mix everything together.
- Shape tablespoonfuls of the meat into small, thin patties, about 2 inches in diameter.
- Place on the prepared rack on the baking sheet.
- Brush the patties with the remaining 1/4 cup ketchup and bake about 20 minutes.
- Meanwhile, spread mayonnaise on one side of each bun.
- Serve each meatloaf slider on a prepared bun.
- Photograph by Mark Peterson

## Nutrition Facts



## Properties

Glycemic Index:6.63, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.4934782761595%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 154.25kcal (7.71%), Fat: 5.46g (8.41%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 17.36g (6.31%), Sugar: 3.76g (4.18%), Cholesterol: 21.15mg (7.05%), Sodium: 293mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Vitamin K: 9.55µg (9.1%), Iron: 1.5mg (8.33%), Vitamin B12: 0.45µg (7.51%), Zinc: 1.03mg (6.85%), Selenium: 4.36µg (6.22%), Vitamin B3: 1.19mg (5.97%), Fiber: 1.37g (5.5%), Phosphorus: 46.55mg (4.66%), Vitamin B6: 0.09mg (4.51%), Vitamin B2: 0.06mg (3.24%), Calcium: 31.97mg (3.2%), Potassium: 92.43mg (2.64%), Vitamin E: 0.28mg (1.88%), Vitamin B5: 0.17mg (1.72%), Magnesium: 6.04mg (1.51%), Vitamin B1: 0.02mg (1.45%), Copper: 0.03mg (1.32%), Vitamin A: 57.81IU (1.16%), Manganese: 0.02mg (1.13%), Folate: 4.43µg (1.11%)