



Mini Greek Meat Loaves with Tzatziki Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 egg whites
- ☐ 1 lb ground beef 90% (at least)
- ☐ 0.8 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 2 oz feta cheese crumbled
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion finely chopped

- ☐ 1 teaspoon oregano dried crushed
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup oats
- ☐ 0.3 teaspoon salt

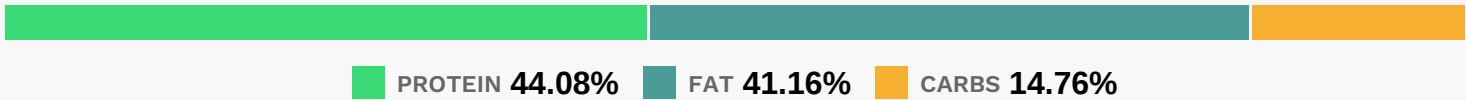
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Spray 8 regular-size muffin cups with cooking spray.
- ☐ In medium bowl, mix meat loaves ingredients. Scoop generous 1/3 cup meat mixture into each muffin cup, pressing down slightly.
- ☐ Bake 30 to 35 minutes or until meat thermometer inserted in center of one loaf reads 160°F.
- ☐ Let stand in pan 5 minutes.
- ☐ Meanwhile, in small bowl, mix tzatziki sauce ingredients; refrigerate until serving time.
- ☐ Serve meat loaves with tzatziki sauce.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:3.03, Inflammation Score:-6, Nutrition Score:17.590000002281%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 285.31kcal (14.27%), Fat: 12.82g (19.72%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.28g (3.38%), Sugar: 4.13g (4.59%), Cholesterol: 83.84mg (27.95%), Sodium: 721.23mg (31.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.88g (61.76%), Vitamin B12: 3.07µg (51.11%), Zinc: 6.89mg (45.91%), Selenium: 27.49µg (39.28%), Phosphorus: 381.48mg (38.15%), Vitamin B3: 6.53mg (32.66%), Vitamin B6: 0.56mg (28.15%), Vitamin B2: 0.46mg (26.89%), Iron: 3.41mg (18.92%), Manganese: 0.38mg (18.82%), Calcium: 187.71mg (18.77%), Potassium: 580.39mg (16.58%), Magnesium: 58.2mg (14.55%), Vitamin B5: 1.24mg (12.45%), Vitamin B1: 0.13mg (8.95%), Copper: 0.14mg (6.84%), Vitamin E: 0.99mg (6.6%), Vitamin K: 6.38µg (6.07%), Folate: 21.31µg (5.33%), Fiber: 1.07g (4.26%), Vitamin C: 1.4mg (1.7%), Vitamin A: 72.49IU (1.45%), Vitamin D: 0.17µg (1.13%)