



## Mini Greek Meatloaves with Tzatziki Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef 90% (at least )
- 0.5 cup spinach frozen cooked drained well (9-oz size)
- 0.3 cup onion finely chopped
- 0.3 cup oats
- 2 oz feta cheese crumbled
- 1 egg whites
- 1 teaspoon oregano dried crushed
- 0.5 teaspoon garlic salt

- 0.3 teaspoon pepper
- 0.8 cup yogurt plain fat free yoplait® (from 2-lb container)
- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 1 clove garlic finely chopped

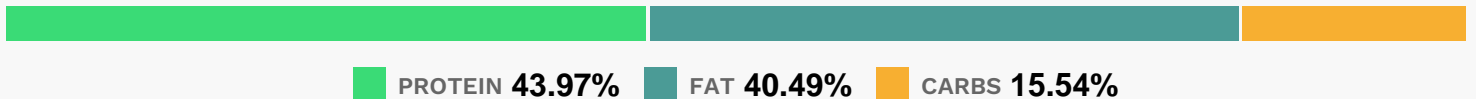
## Equipment

- 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 meatloaves 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 meatloaves with tzatziki sauce.

## Nutrition Facts



## Properties

Glycemic Index:46.5, Glycemic Load:3.03, Inflammation Score:-9, Nutrition Score:24.421739262083%

## 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: 290.96kcal (14.55%), Fat: 12.93g (19.89%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 9.54g (3.47%), Sugar: 4.26g (4.73%), Cholesterol: 83.84mg (27.95%), Sodium: 735.66mg (31.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.59g (63.18%), Vitamin K: 78.92µg (75.16%), Vitamin B12: 3.07µg (51.11%), Vitamin A: 2359.06IU (47.18%), Zinc: 7mg (46.63%), Selenium: 28.66µg (40.95%), Phosphorus: 391.03mg (39.1%), Vitamin B3: 6.63mg (33.16%), Vitamin B6: 0.6mg (29.83%), Vitamin B2: 0.5mg (29.46%), Manganese: 0.51mg (25.69%), Calcium: 212.86mg (21.29%), Iron: 3.77mg (20.96%), Potassium: 647.86mg (18.51%), Magnesium: 72.82mg (18.21%), Vitamin B5: 1.26mg (12.63%), Folate: 49.58µg (12.4%), Vitamin E: 1.55mg (10.37%), Vitamin B1: 0.15mg (10.17%), Copper: 0.16mg (8.24%), Fiber: 1.63g (6.52%), Vitamin C: 2.47mg (3%), Vitamin D: 0.17µg (1.13%)