



Mini Italian Meat Loaves

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs dry italian-style progresso®
- ☐ 1 eggs
- ☐ 1.5 lb ground beef 90% (at least)
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup tomato sauce (from 14-oz jar)
- ☐ 0.3 teaspoon salt
- ☐ 1 oz mozzarella cheese shredded italian-style

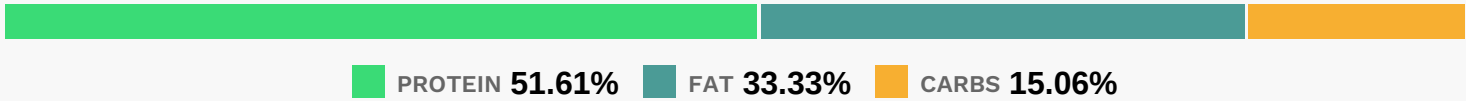
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Heat oven to 350°F. In large bowl, mix all ingredients except cheese and additional pizza sauce. Press beef mixture into 12 regular-size muffin cups (cups will be very full).
- ☐ Place muffin pan on cookie sheet in oven to catch any spillover.
- ☐ Bake about 30 minutes or until loaves are no longer pink in center and meat thermometer inserted in center of loaves in middle of muffin pan reads 160°F.
- ☐ Sprinkle 1 teaspoon cheese over each loaf.
- ☐ Bake 1 to 2 minutes longer or until cheese is melted. Immediately remove from cups.
- ☐ Serve with pizza sauce.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:14.4130436493%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 222.17kcal (11.11%), Fat: 7.97g (12.26%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 7.35g (2.67%), Sugar: 1.37g (1.52%), Cholesterol: 101.32mg (33.77%), Sodium: 374.62mg (16.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.54%), Vitamin B12: 2.74µg (45.74%), Zinc: 6.19mg (41.29%), Selenium: 25.32µg (36.18%), Vitamin B3: 7.05mg (35.24%), Phosphorus: 277.8mg (27.78%), Vitamin B6: 0.5mg (25.11%), Iron: 3.5mg (19.47%), Vitamin B2: 0.28mg (16.49%), Potassium: 489.48mg (13.99%), Vitamin B5: 0.97mg (9.67%), Vitamin B1: 0.14mg (9.66%), Magnesium: 34.1mg (8.53%), Manganese: 0.15mg (7.35%), Copper: 0.14mg (7.19%), Calcium: 59.74mg (5.97%), Folate: 20.96µg (5.24%), Vitamin E: 0.71mg (4.71%), Vitamin A: 160.49IU (3.21%), Fiber: 0.75g (3.01%), Vitamin C: 1.74mg (2.11%), Vitamin D: 0.28µg (1.86%), Vitamin K: 1.79µg (1.7%)