



Mini Italian Meatloaves

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

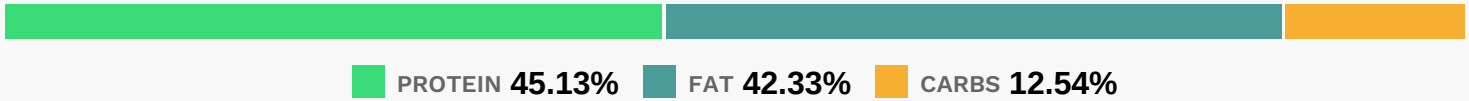
Equipment

- ☐ 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:27, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:15.483043484066%

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: 269.63kcal (13.48%), Fat: 12.33g (18.97%), Saturated Fat: 5.19g (32.42%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 7.46g (2.71%), Sugar: 1.37g (1.52%), Cholesterol: 110.45mg (36.82%), Sodium: 523.4mg (22.76%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.58g (59.15%), Vitamin B12: 2.87µg (47.78%), Zinc: 6.42mg (42.82%), Selenium: 28.05µg (40.08%), Vitamin B3: 7.52mg (37.59%), Phosphorus: 292.68mg (29.27%), Vitamin B6: 0.54mg (26.82%), Iron: 3.63mg (20.17%), Vitamin B2: 0.3mg (17.91%), Potassium: 515.28mg (14.72%), Vitamin B1: 0.17mg (11.36%), Vitamin B5: 1.08mg (10.78%), Manganese: 0.2mg (10.15%), Magnesium: 35.8mg (8.95%), Copper: 0.15mg (7.61%), Calcium: 61.53mg (6.15%), Folate: 21.43µg (5.36%), Vitamin E: 0.8mg (5.36%), Vitamin A: 160.49IU (3.21%), Fiber: 0.75g (3.01%), Vitamin D: 0.4µg (2.68%), Vitamin K: 2.34µg (2.22%), Vitamin C: 1.74mg (2.11%)