



Mini Meat Loaves

READY IN



30 min.

SERVINGS



10

CALORIES



136 kcal

SIDE DISH

Ingredients

- 1 large eggs
- 2 cloves garlic finely chopped
- 0.5 cup italian-seasoned bread crumbs
- 1.3 pounds ground beef lean
- 1 tablespoon olive oil
- 0.3 cup parmesan grated
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 1 shallots finely chopped

2 tablespoons tomato paste

Equipment

bowl

oven

muffin tray

Directions

Preheat oven to 450F.

Combine beef, egg, bread crumbs, Parmesan, shallot, garlic, tomato paste, salt and pepper in a large bowl.

Mix with your hands to combine well.

Brush a 6-cup muffin tin with olive oil. Gently roll meat into 6 balls and place each in a muffin cup.

Bake until cooked through, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:8.0908695770347%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 135.55kcal (6.78%), Fat: 5.71g (8.78%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 4.97g (1.81%), Sugar: 0.98g (1.08%), Cholesterol: 55.51mg (18.5%), Sodium: 306.74mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Vitamin B12: 1.37µg (22.76%), Zinc: 3.14mg (20.96%), Selenium: 13.74µg (19.62%), Vitamin B3: 3.6mg (18.02%), Phosphorus: 155.37mg (15.54%), Vitamin B6: 0.27mg (13.33%), Iron: 1.91mg (10.59%), Vitamin B2: 0.15mg (9.03%), Potassium: 263.81mg (7.54%), Vitamin B1: 0.09mg (5.91%), Manganese: 0.11mg (5.33%), Calcium: 52.11mg (5.21%), Vitamin B5: 0.51mg (5.06%), Magnesium: 19.13mg (4.78%), Vitamin K: 4.39µg (4.18%), Copper: 0.08mg (3.99%), Vitamin E: 0.57mg (3.83%), Folate: 13.77µg

(3.44%), Fiber: 0.54g (2.17%), Vitamin A: 107.61IU (2.15%), Vitamin C: 1.25mg (1.52%), Vitamin D: 0.17 μ g (1.13%)