



Mini Meatloaves

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup gravy
- 2 eggs beaten
- 2 lb ground beef
- 6 oz stove top stuffing mix for chicken
- 1 cup water

Equipment

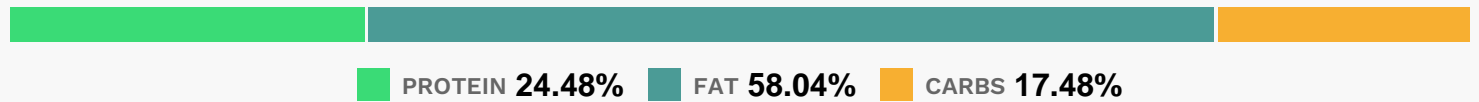
- bowl
- baking sheet

- oven
- aluminum foil

Directions

- Preheat oven to 400F.
- Mix water and gravy in large bowl.
- Add meat, stuffing mix and eggs; mix lightly.
- Shape into four oval loaves on foil-covered baking sheet.
- Bake 30 min. or until cooked through (160F). Slice and serve with your favorite vegetables.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:13.529130562492%

Nutrients (% of daily need)

Calories: 388.93kcal (19.45%), Fat: 24.57g (37.81%), Saturated Fat: 9.29g (58.05%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 15.98g (5.81%), Sugar: 1.92g (2.14%), Cholesterol: 122.24mg (40.75%), Sodium: 425.59mg (18.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.32g (46.64%), Selenium: 30.59µg (43.7%), Vitamin B12: 2.53µg (42.15%), Zinc: 5.08mg (33.88%), Vitamin B3: 6.03mg (30.14%), Phosphorus: 230.93mg (23.09%), Vitamin B6: 0.42mg (20.86%), Vitamin B2: 0.3mg (17.88%), Iron: 3.2mg (17.79%), Folate: 48.83µg (12.21%), Vitamin B1: 0.18mg (11.99%), Potassium: 373.66mg (10.68%), Vitamin B5: 0.82mg (8.23%), Magnesium: 29.4mg (7.35%), Manganese: 0.14mg (7.04%), Copper: 0.13mg (6.62%), Calcium: 48.08mg (4.81%), Vitamin E: 0.66mg (4.41%), Fiber: 0.68g (2.72%), Vitamin D: 0.33µg (2.22%), Vitamin K: 2.31µg (2.2%), Vitamin A: 59.83IU (1.2%)