



Mini Meatloaves

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large egg whites
- 8 ounces ground pork lean
- 4 tablespoons catsup
- 4 servings kosher salt and pepper black freshly ground
- 8 ounces pd of ground turkey lean
- 0.3 cup old-fashioned oats
- 12 teaspoon oregano fresh plus more for garnish, optional finely chopped
- 0.3 cup onion red grated

- 1 tablespoon spicy brown mustard
- 1 teaspoon worcestershire sauce

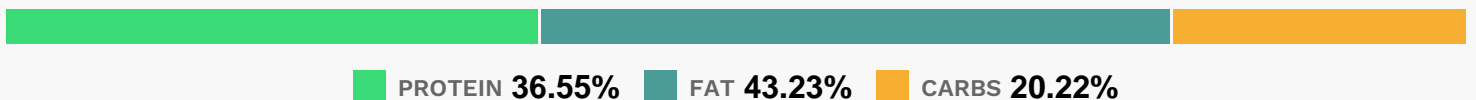
Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- aluminum foil

Directions

- Preheat the oven to 450 degrees F. Line a baking sheet with parchment paper or aluminum foil.
- Gently combine the pork and turkey by hand in a large bowl. Stir together the oats, 2 tablespoons of the ketchup, 1/2 tablespoon of the mustard, the soy sauce, oregano, egg whites, onions, 1/2 teaspoon salt and 1 teaspoon pepper in a small bowl until combined.
- Add the oat mixture to the meat mixture and combine by hand until just incorporated.
- Form the meatloaf mixture into 4 small football-shaped loaves, about 4 inches long and 1 1/2 inches thick, and place on the prepared pan. Stir together the remaining 2 tablespoons ketchup and 1/2 tablespoon mustard in a small bowl.
- Brush some of the ketchup mixture on each meatloaf.
- Bake until fully cooked, about 20 minutes.
- Garnish with additional fresh oregano if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:18.753913112309%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 286.89kcal (14.34%), Fat: 14g (21.54%), Saturated Fat: 4.92g (30.78%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 11.05g (4.02%), Sugar: 4.39g (4.88%), Cholesterol: 72.01mg (24%), Sodium: 287.32mg (12.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.64g (53.28%), Selenium: 33.46µg (47.8%), Vitamin B3: 8.6mg (42.99%), Vitamin B6: 0.82mg (40.79%), Vitamin K: 38.18µg (36.36%), Vitamin B1: 0.51mg (33.91%), Manganese: 0.62mg (30.8%), Phosphorus: 279.86mg (27.99%), Iron: 3.67mg (20.41%), Vitamin B2: 0.34mg (20.03%), Zinc: 2.73mg (18.23%), Potassium: 537.51mg (15.36%), Magnesium: 60mg (15%), Fiber: 3.69g (14.76%), Calcium: 119.85mg (11.99%), Vitamin B12: 0.7µg (11.68%), Vitamin B5: 1.08mg (10.76%), Vitamin E: 1.4mg (9.34%), Copper: 0.15mg (7.58%), Folate: 28.7µg (7.17%), Vitamin A: 201.81IU (4.04%), Vitamin C: 2.35mg (2.84%), Vitamin D: 0.23µg (1.51%)