



Mini Meatloaves

READY IN



65 min.

SERVINGS



6

CALORIES



146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup milk
- 1 eggs
- 1 pound ground beef lean
- 0.3 cup breadcrumbs dry (any flavor)
- 0.4 ounce ranch seasoning
- 1 tablespoon worcestershire sauce
- 1 Strips cheese

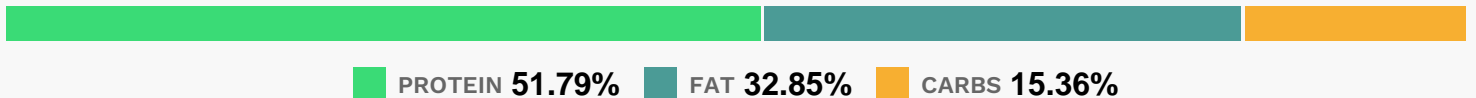
Equipment

- bowl
- frying pan
- oven
- kitchen thermometer

Directions

- Heat oven to 350°F.
- Beat milk and egg with fork in large bowl.
- Mix in beef, bread crumbs and salad dressing mix (dry). Shape into 6 small loaves.
- Place in ungreased rectangular pan, 13x9x2 inches.
- Brush loaves with Worcestershire sauce.
- Bake uncovered 35 to 45 minutes until no longer pink in centers of loaves and juice is clear. (If using meat thermometer, insert so tip is in center of one loaf. Thermometer should read at least 160°F.)
- Decorate with strips of cheese.
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:9.1191304999849%

Nutrients (% of daily need)

Calories: 146.05kcal (7.3%), Fat: 5.1g (7.84%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 5.16g (1.88%), Sugar: 1.08g (1.2%), Cholesterol: 75.54mg (25.18%), Sodium: 276.78mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.17%), Vitamin B12: 1.83µg (30.52%), Zinc: 4.06mg (27.07%), Selenium: 16.79µg (23.99%), Vitamin B3: 4.49mg (22.44%), Phosphorus: 184.36mg (18.44%), Vitamin B6: 0.32mg (16.03%), Iron: 2.3mg (12.75%), Vitamin B2: 0.19mg (11.28%), Potassium: 318.56mg (9.1%), Vitamin B5: 0.66mg (6.61%), Vitamin B1: 0.09mg (5.68%), Magnesium: 21.08mg (5.27%), Copper: 0.08mg (4.04%), Calcium: 35.86mg (3.59%), Folate: 12.3µg (3.08%), Manganese: 0.05mg (2.57%), Vitamin D: 0.34µg (2.23%), Vitamin E: 0.3mg (2.01%), Vitamin A: 59.98IU (1.2%)