



Mini Stuffed Meatloaves

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



168 kcal

SIDE DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.5 cup rolled oats
- 0.3 cup onion chopped
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 1 eggs
- 3 oz cheese shredded
- 0.8 cup barbecue sauce thick

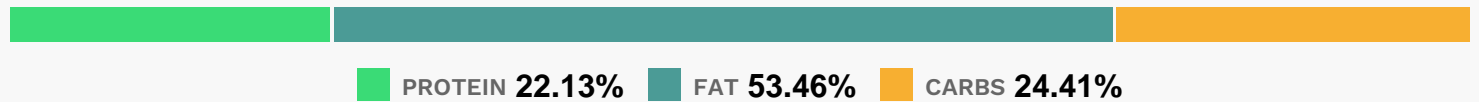
Equipment

- bowl
- oven
- kitchen thermometer
- muffin liners
- measuring cup

Directions

- Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- In large bowl, mix ground beef, oats, onion, salt, pepper and egg with hands or spoon. Using 1/4-cup measuring cup, scoop beef mixture into each muffin cup; press into cup.
- Make indentation in center of mixture in each cup. Spoon 1 tablespoon cheese into each indentation. Top each with 1 tablespoon desired topping.
- Bake 35 minutes or until meat thermometer inserted in center of loaves reads 160°F.
- Remove from muffin cups. If desired, top with additional topping before serving.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.89, Inflammation Score:-1, Nutrition Score:5.4517391298128%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 167.5kcal (8.38%), Fat: 9.83g (15.12%), Saturated Fat: 3.99g (24.97%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 9.53g (3.47%), Sugar: 6.2g (6.88%), Cholesterol: 46.08mg (15.36%), Sodium: 453.22mg (19.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.31%), Vitamin B12: 1µg (16.72%), Zinc: 1.99mg (13.3%), Selenium: 9.23µg (13.18%), Phosphorus: 110.53mg (11.05%), Vitamin B3: 1.76mg (8.78%), Manganese: 0.16mg (8.11%),

Vitamin B6: 0.15mg (7.59%), Vitamin B2: 0.11mg (6.41%), Iron: 1.1mg (6.11%), Calcium: 53.38mg (5.34%), Potassium: 171.66mg (4.9%), Magnesium: 15.68mg (3.92%), Vitamin B5: 0.33mg (3.28%), Vitamin B1: 0.04mg (2.74%), Copper: 0.05mg (2.73%), Vitamin E: 0.37mg (2.43%), Fiber: 0.57g (2.28%), Vitamin A: 108.05IU (2.16%), Folate: 6.94µg (1.74%), Vitamin K: 1.33µg (1.26%)