

DINNER

# Mozzarella Meat Whirl

16 September 2026

| TOTAL TIME | PREP   | COOK   | SERVES | PER SERVING | CALORIES |
|------------|--------|--------|--------|-------------|----------|
| 90 min     | 20 min | 70 min | 4      | \$2.37      | 686 kcal |



The recipe Mozzarella Meat Whirl can be made in approximately 1 hour and 30 minutes. This recipe makes 4 servings with 686 calories, 43g of protein, and 46g of fat each. For \$2.37 per serving, this recipe covers 26% of your daily requirements of vitamins and minerals. This recipe from Allrecipes has...

## Ingredients

- ☐ 0.1 teaspoon black pepper
- ☐ 1 tablespoon dry mustard
- ☐ 1½ pounds ground beef
- ☐ 6 ounce package mozzarella cheese, sliced
- ☐ ¾ cup water
- ☐ ½ cup soft bread crumbs
- ☐ 1 egg, lightly beaten
- ☐ ¾ cup ketchup
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon Worcestershire sauce

EQUIPMENT Bowl, Oven, Baking pan

# Method

- 1

Preheat oven to 375 degrees F (190 degrees C).
- 2

In a large bowl, combine beef, bread crumbs, egg, mustard, salt and pepper; mix well. On a sheet of waxed paper, pat out beef mixture into a large rectangle. Cover the surface with slices of cheese. Starting with the short side of the rectangle, roll up and remove waxed paper simultaneously.
- 3

Place in a shallow baking dish. In a small bowl, mix together ketchup, water, and Worcestershire sauce; pour over beef.
- 4

Bake in preheated oven for 1 hour and 10 minutes.

| Nutrition per serving |      |         |                               |
|-----------------------|------|---------|-------------------------------|
|                       | 686  | 43 g    | 46 g                          |
|                       | KCAL | PROTEIN | FAT                           |
|                       |      |         | 24 g                          |
|                       |      |         | CARBS                         |
| Saturated Fat         |      |         | 19.2 g · 120% of daily needs  |
| Fibre                 |      |         | 1 g · 4% of daily needs       |
| Sugar                 |      |         | 11.4 g · 13% of daily needs   |
| Sodium                |      |         | 1,542 mg · 67% of daily needs |
| Cholesterol           |      |         | 195 mg · 65% of daily needs   |
| Vitamin C             |      |         | 2.5 mg · 3% of daily needs    |

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/mozzarella-meat-whirl-142950](https://whatsheate.com/mozzarella-meat-whirl-142950)