



Personal Pizza-Stuffed Grilled Meat Loaves

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

Ingredients

- 1 cup breadcrumbs fresh
- 1.5 lb ground beef 90% (at least)
- 1 cloves garlic minced
- 1 tablespoon milk
- 3 oz mozzarella cheese cut into strips
- 0.3 cup olives pitted ripe chopped
- 0.3 cup onion finely chopped (1 small)
- 0.5 cup tomato sauce
- 1 teaspoon spicy pizza seasoning

0.5 teaspoon salt

Equipment

bowl

grill

kitchen thermometer

Directions

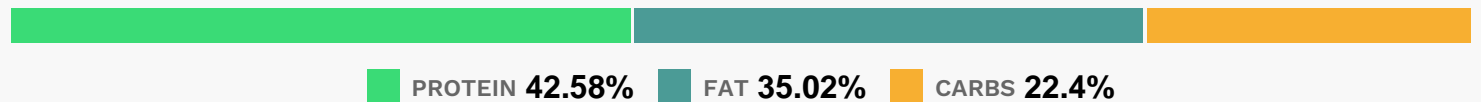
Heat gas or charcoal grill. In large bowl, mix ground beef, bread crumbs, milk, pizza seasoning, salt and garlic. Shape mixture into 12 (4-inch) sausage-shaped rolls. Flatten each to 1/4-inch thickness to form patties.

In medium bowl, mix 1/4 cup of the pizza sauce, the onion and olives. Spoon about 1 tablespoon mixture evenly onto 6 patties, spreading to within 1/2 inch of edges. Top with remaining patties; pinch edges to seal.

Place meat loaves on grill; cover grill. Cook with medium heat 10 to 14 minutes, turning several times, until thermometer inserted in meat loaves reads 160°F (avoid inserting in filling).

Brush meat loaves with remaining 1/4 cup pizza sauce and top each with cheese strips; cook 1 minute longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:16.813478236613%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 291.44kcal (14.57%), Fat: 11.11g (17.09%), Saturated Fat: 4.85g (30.3%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 14.31g (5.21%), Sugar: 2.55g (2.83%), Cholesterol: 81.8mg (27.27%), Sodium: 704.52mg (30.63%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.78%), Vitamin B12: 2.94µg (49%), Zinc: 6.54mg (43.57%), Selenium: 27.05µg (38.64%), Vitamin B3: 7.69mg (38.45%), Phosphorus: 316.58mg (31.66%), Vitamin B6: 0.52mg (25.79%), Iron: 4.01mg (22.3%), Vitamin B2: 0.32mg (18.66%), Vitamin B1: 0.24mg (15.89%), Potassium: 525.17mg (15%), Calcium: 132.95mg (13.3%), Manganese: 0.24mg (12%), Magnesium: 41.63mg (10.41%), Vitamin B5: 0.94mg (9.38%), Copper: 0.17mg (8.73%), Folate: 30.48µg (7.62%), Vitamin E: 1mg (6.69%), Fiber: 1.67g (6.67%), Vitamin A: 223.64IU (4.47%), Vitamin K: 4.65µg (4.43%), Vitamin C: 2.25mg (2.73%), Vitamin D: 0.2µg (1.32%)