



Personal Pizza-Stuffed Grilled Meatloaves

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

Ingredients

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

- 3 oz mozzarella cheese cut into strips

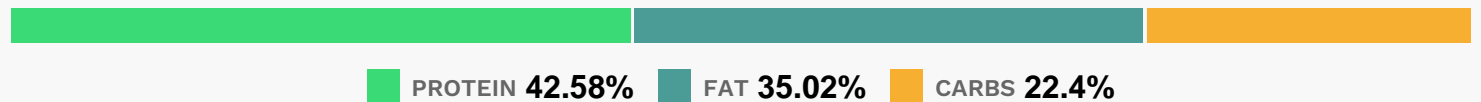
Equipment

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