



Poochie Meat Cakes



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



36

CALORIES



280 kcal

Ingredients

- ☐ 1.5 cups brown rice
- ☐ 4 large carrots grated
- ☐ 2 large celery stalks chopped
- ☐ 8 eggs
- ☐ 6 pounds ground beef
- ☐ 0.3 cup olive oil
- ☐ 2 large potatoes grated
- ☐ 1.5 cups regular rolled oats
- ☐ 1 dash salt

☐ 3 cups water

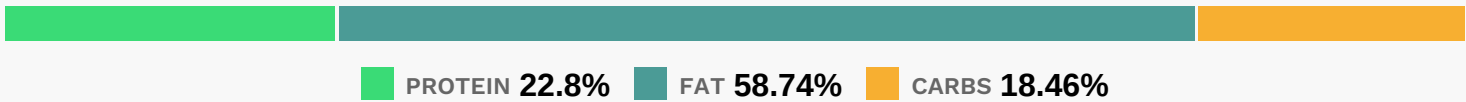
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C). Grease 36 cups of 3 large muffin tins.
- ☐ In a medium saucepan, combine the rice with water. Bring to a boil over high heat, uncovered, and cook 10 minutes. Reduce heat to low, cover, and simmer 20 minutes.
- ☐ Remove from heat, let cool several minutes, then fluff with a fork and set aside.
- ☐ In a large bowl, combine the potatoes, carrots, celery, ground beef, and eggs.
- ☐ Mix ingredients together using your hands or a sturdy spoon.
- ☐ Add salt, olive oil, rolled oats, and rice; mix well.
- ☐ Fill each muffin cup with some of the meat mixture, and pat down the to make it firm.
- ☐ Bake 45 minutes, or until surface feels set. Cool on a rack 10 minutes or longer.
- ☐ Remove the meat cakes by turning the muffin tin upside down over a sheet of aluminum foil. Tap each muffin cup to release the cake. Refrigerate or freeze in sealed plastic bags. NOTE: Do not feed to dogs while still hot.

Nutrition Facts



Properties

Glycemic Index:7.26, Glycemic Load:7.04, Inflammation Score:-7, Nutrition Score:11.885652086009%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 279.82kcal (13.99%), Fat: 18.02g (27.72%), Saturated Fat: 6.4g (40.01%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 11.45g (4.16%), Sugar: 0.61g (0.68%), Cholesterol: 90.05mg (30.02%), Sodium: 74.08mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.48%), Vitamin B12: 1.7µg (28.41%), Vitamin A: 1390.69IU (27.81%), Zinc: 3.65mg (24.33%), Manganese: 0.47mg (23.61%), Selenium: 15.39µg (21.98%), Vitamin B3: 3.88mg (19.39%), Phosphorus: 188.1mg (18.81%), Vitamin B6: 0.38mg (18.81%), Iron: 2.12mg (11.76%), Potassium: 363.55mg (10.39%), Vitamin B2: 0.18mg (10.38%), Magnesium: 35.9mg (8.98%), Vitamin B5: 0.77mg (7.68%), Vitamin B1: 0.11mg (7.09%), Copper: 0.12mg (5.86%), Vitamin C: 4.52mg (5.48%), Fiber: 1.29g (5.16%), Vitamin E: 0.7mg (4.66%), Folate: 17.43µg (4.36%), Vitamin K: 3.87µg (3.69%), Calcium: 29.25mg (2.92%), Vitamin D: 0.27µg (1.81%)