



## Potato Topped Mini Meatloaves

READY IN



40 min.

SERVINGS



12

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 4.7 oz roasted garlic mashed
- 1 serving potatoes for on potato mix pouch
- 1 lb ground beef 90% (at least )
- 0.3 cup breadcrumbs italian
- 2 tablespoons onion chopped
- 2 tablespoons milk
- 0.3 teaspoon pepper
- 1 eggs
- 0.5 cup catsup

- 1 tablespoon brown sugar packed
- 2 teaspoons ground mustard
- 0.5 teaspoon nutmeg
- 1 serving parsley fresh chopped

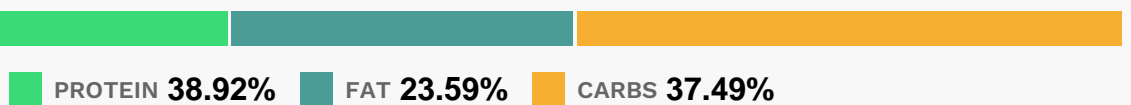
## Equipment

- bowl
- sauce pan
- oven
- kitchen thermometer
- aluminum foil
- muffin liners

## Directions

- Heat oven to 375°F.
- Place foil baking cup in each of 12 regular-size muffin cups.
- In 2-quart saucepan, make potatoes as directed on pouch. Set aside. In large bowl, mix meatloaf mixture ingredients. Press about 3 tablespoons meat mixture in each muffin cup.
- In small bowl, mix all sauce ingredients except parsley.
- Spread about 2 teaspoons sauce over meatloaf mixture in each muffin cup.
- Place potato mixture in decorating bag fitted with #847 or desired tip. Pipe potatoes on cupcakes.
- Bake 14 to 16 minutes or until meat thermometer inserted in center of cupcake reads 160°F.
- Sprinkle with parsley; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:26.06, Glycemic Load:1.15, Inflammation Score:-2, Nutrition Score:6.8939131057781%

## Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 100.95kcal (5.05%), Fat: 2.66g (4.09%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 9.04g (3.29%), Sugar: 3.61g (4.01%), Cholesterol: 37.38mg (12.46%), Sodium: 140.77mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.75%), Vitamin B6: 0.32mg (15.83%), Selenium: 10.68µg (15.26%), Vitamin B12: 0.9µg (15.01%), Zinc: 2.19mg (14.6%), Vitamin B3: 2.48mg (12.39%), Manganese: 0.24mg (12.02%), Phosphorus: 111.7mg (11.17%), Iron: 1.37mg (7.59%), Vitamin B2: 0.12mg (7.1%), Potassium: 225.9mg (6.45%), Vitamin K: 6.33µg (6.03%), Vitamin C: 4.48mg (5.43%), Vitamin B1: 0.07mg (4.5%), Copper: 0.08mg (4.22%), Magnesium: 16mg (4%), Vitamin B5: 0.4mg (4%), Calcium: 37.15mg (3.72%), Folate: 8.71µg (2.18%), Vitamin E: 0.32mg (2.15%), Vitamin A: 104.68IU (2.09%), Fiber: 0.47g (1.9%)