



Potato Topped Mini Meatloaves

READY IN



40 min.

SERVINGS



12

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup breadcrumbs italian
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 eggs
- ☐ 1 lb ground beef 90% (at least)
- ☐ 12 servings parsley fresh chopped
- ☐ 2 teaspoons ground mustard
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 cup catsup
- ☐ 2 tablespoons milk

- ☐ 2 tablespoons onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 4.7 oz roasted garlic mashed
- ☐ 12 servings potatoes for on potato mix pouch

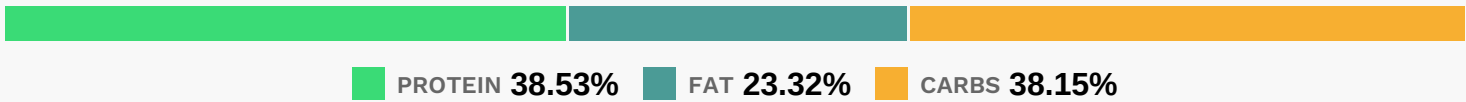
Equipment

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

Directions

- ☐ Heat oven to 375F.
- ☐ 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 160F.
- ☐ Sprinkle with parsley; serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.06, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:10.253913140815%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 102.97kcal (5.15%), Fat: 2.69g (4.14%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 9.29g (3.38%), Sugar: 3.64g (4.05%), Cholesterol: 37.38mg (12.46%), Sodium: 142.87mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10g (20%), Vitamin K: 66.48µg (63.32%), Vitamin B6: 0.32mg (16.13%), Selenium: 10.69µg (15.27%), Vitamin B12: 0.9µg (15.01%), Zinc: 2.23mg (14.88%), Vitamin B3: 2.54mg (12.68%), Manganese: 0.25mg (12.39%), Vitamin C: 9.54mg (11.56%), Phosphorus: 114.35mg (11.43%), Iron: 1.6mg (8.89%), Vitamin A: 413.58IU (8.27%), Vitamin B2: 0.12mg (7.33%), Potassium: 250.07mg (7.14%), Vitamin B1: 0.07mg (4.76%), Copper: 0.09mg (4.55%), Magnesium: 18.04mg (4.51%), Calcium: 42.32mg (4.23%), Vitamin B5: 0.42mg (4.17%), Folate: 14.43µg (3.61%), Fiber: 0.62g (2.46%), Vitamin E: 0.35mg (2.33%)