



## Potato-Topped Muffin Tin Meatloaf

READY IN



40 min.

SERVINGS



40

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup heinz homestyle savory beef gravy warmed
- 4 oz philadelphia cream cheese cubed ()
- 0.3 cup parsley fresh chopped
- 3 cloves garlic minced
- 2 Tbsp a.1. original sauce
- 1 lb ground beef lean
- 3 cups potatoes hot mashed
- 6 oz stove top stuffing mix
- 1 cup water

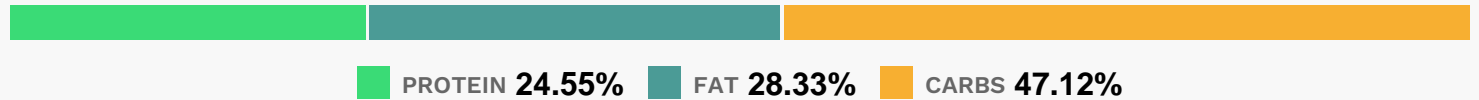
## Equipment

- oven
- muffin tray

## Directions

- Heat oven to 375F.
- Mix meat, stuffing mix, water and A.
- just until blended; press into 12 muffin pan cups sprayed with cooking spray.
- Bake 20 to 25 min. or until done (160F).
- Add cream cheese and garlic to potatoes; stir until cream cheese is melted. Stir in parsley. Scoop over meatloaves.
- Serve topped with gravy.

## Nutrition Facts



## Properties

Glycemic Index:4.32, Glycemic Load:2.08, Inflammation Score:-1, Nutrition Score:2.9969564812339%

## Flavonoids

Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 57.86kcal (2.89%), Fat: 1.81g (2.78%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 6.26g (2.28%), Sugar: 0.86g (0.96%), Cholesterol: 10.41mg (3.47%), Sodium: 113.64mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin K: 6.59µg (6.28%), Selenium: 4.34µg (6.2%), Vitamin B3: 1.04mg (5.22%), Vitamin B6: 0.1mg (5.1%), Zinc: 0.68mg (4.56%), Vitamin C: 3.67mg (4.45%), Vitamin B12: 0.26µg (4.35%), Phosphorus: 41.02mg (4.1%), Potassium: 122.73mg (3.51%), Iron: 0.58mg (3.25%), Vitamin B1: 0.04mg (2.93%), Vitamin B2: 0.05mg (2.8%), Folate: 11.06µg (2.77%), Manganese: 0.06mg (2.76%), Magnesium: 8.38mg (2.09%), Fiber: 0.5g (2%), Copper: 0.04mg (1.93%), Vitamin B5: 0.16mg (1.55%), Vitamin A: 70.08IU (1.4%), Calcium: 10.89mg (1.09%)