



Speedy Mini Meat Loaves

READY IN



45 min.

SERVINGS



6

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 cup breadcrumbs plain
- ☐ 2 tablespoons dijon mustard
- ☐ 3 large eggs lightly beaten
- ☐ 1 teaspoon thyme sprigs fresh minced
- ☐ 1 garlic clove finely chopped
- ☐ 1.5 pounds ground beef
- ☐ 3 tablespoons catsup
- ☐ 3 tablespoons milk

- ☐ 1 medium onion finely chopped
- ☐ 0.3 teaspoons salt
- ☐ 1 teaspoon worcestershire sauce

Equipment

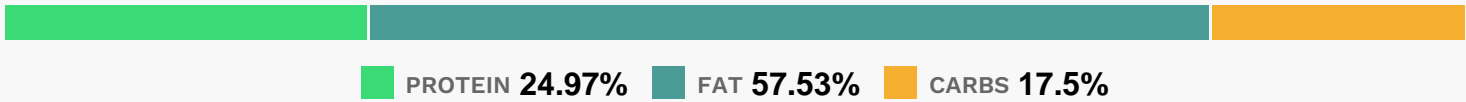
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray
- ☐ offset spatula
- ☐ butter knife

Directions

- ☐ Preheat the oven to 350°F. Lightly grease the cups of a 12-cup muffin pan.
- ☐ In a large bowl, combine the beef, bread crumbs, eggs, milk, garlic, onion, salt, thyme, and pepper. Divide the meat mixture among the 12 muffin cups, pressing the meat firmly into the pan.
- ☐ Place the muffin pan on a baking sheet and bake for 20 to 25 minutes, until the meat is almost cooked through—the “loaves” will be firm when pressed lightly in the center but not set.
- ☐ While the meat loaves are baking, whisk together the ketchup, mustard, and Worcestershire sauce. After baking for 20 to 25 minutes, remove the pan from the oven.
- ☐ Brush the tops of the loaves with the glaze, using it all up, and return the pan to the oven.
- ☐ Bake for 10 minutes more, or until the glaze has thickened and the meat is completely cooked through, 30 to 35 minutes total. Run an offset spatula or butter knife around the edges of the muffin cups and pop out the meat loaves.
- ☐ Serve hot.
- ☐ Taste

- ☐
- Book, using the USDA Nutrition Database
- ☐
- From The Deen Bros. Take It Easy by Jamie Deen, Bobby Deen and Melissa Clark Copyright (c) 2009 by Jamie Deen, Bobby Deen and Melissa Clark Published by Ballantine Books.Jamie and Bobby Deen grew up in Georgia—first in Albany and then in Savannah—and, like many Southerners, they have always considered cooking and food a big part of their lives. When their mother, Paula Deen, started a sandwich delivery business in 1989, the boys took charge of deliveries. As the business grew into The Lady restaurant, they continued to help. Then, in 1996, the trio opened The Lady & Sons Restaurant to resounding success. They haven't looked back since. They regularly appear on ABC's Good Morning America and had their own Food Network show, Road Tasted.Melissa Clark has written for The New York Times, Food & Wine, Travel & Leisure, and Real Simple and has collaborated on twenty-one books.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:16.276521848596%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 419.82kcal (20.99%), Fat: 26.46g (40.71%), Saturated Fat: 9.87g (61.67%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 16.64g (6.05%), Sugar: 4.12g (4.58%), Cholesterol: 174.41mg (58.14%), Sodium: 479.91mg (20.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.84g (51.68%), Vitamin B12: 2.75µg (45.88%), Selenium: 31.3µg (44.71%), Zinc: 5.45mg (36.31%), Vitamin B3: 6.19mg (30.95%), Phosphorus: 280.72mg (28.07%), Vitamin B6: 0.48mg (24.03%), Vitamin B2: 0.39mg (22.91%), Iron: 3.8mg (21.09%), Vitamin B1: 0.26mg (17.19%), Manganese: 0.28mg (14.11%), Potassium: 457.92mg (13.08%), Vitamin B5: 1.13mg (11.29%), Folate: 43.74µg (10.94%), Magnesium: 37.34mg (9.34%), Calcium: 89.56mg (8.96%), Copper: 0.16mg (7.96%), Fiber: 1.48g (5.92%), Vitamin E: 0.88mg (5.87%), Vitamin D: 0.7µg (4.64%), Vitamin A: 207.58IU (4.15%), Vitamin K: 4.13µg (3.93%), Vitamin C: 2.5mg (3.03%)