



Spicy mini meatloaves

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg ground beef lean minced
- ☐ 100 g breadcrumbs white
- ☐ 3 spring onion trimmed finely chopped
- ☐ 2 garlic clove crushed
- ☐ 2 eggs beaten
- ☐ 2 tsp ground cumin
- ☐ 0.5 tsp all the tabasco sauce you handle
- ☐ 1 handful cilantro leaves finely chopped

- ☐ 12 cherry tomatoes halved
- ☐ 6 tbsp chilli sauce (we used Lingham's)
- ☐ 8 servings vegetable oil for greasing

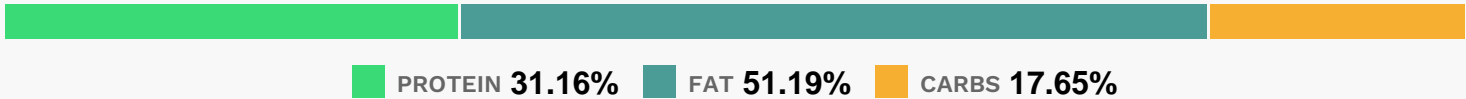
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Mix together beef, breadcrumbs, spring onions, garlic, eggs, cumin, Tabasco, coriander and some seasoning until combined. Be careful not to over-mix or the meatloaves will be tough.
- ☐ Divide the mixture into
- ☐ Use your hands to shape each one into a small oval, like a mini meatloaf. Arrange 3 cherry tomatoes on top of each, then drizzle over the chilli sauce, if using. Cook or freeze in airtight plastic containers.
- ☐ To cook, heat oven to 200C/180C fan/gas
- ☐ Place the meatloaves on a lightly greased, shallow baking tray and bake for 25–30 mins until the meat is cooked through.
- ☐ To cook from frozen, heat oven to 180C/160C fan/gas
- ☐ Place the meatloaves on a baking tray and loosely cover with foil. Cook for 30 mins, then remove the foil increase the temperature to 220C/200C fan/gas 7 and cook for a further 25 mins.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:18.506087044011%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 395.55kcal (19.78%), Fat: 22.19g (34.14%), Saturated Fat: 5.46g (34.1%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 16.2g (5.89%), Sugar: 7.68g (8.53%), Cholesterol: 118.42mg (39.47%), Sodium: 328.45mg (14.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.79%), Vitamin B12: 2.94µg (49.03%), Zinc: 6.77mg (45.16%), Selenium: 28.57µg (40.81%), Vitamin B3: 7.9mg (39.49%), Vitamin K: 38.6µg (36.77%), Phosphorus: 302.62mg (30.26%), Vitamin B6: 0.56mg (27.97%), Iron: 4.37mg (24.27%), Vitamin B2: 0.31mg (18.5%), Potassium: 555.1mg (15.86%), Vitamin B1: 0.19mg (12.88%), Vitamin E: 1.82mg (12.12%), Vitamin B5: 1.08mg (10.84%), Magnesium: 39.55mg (9.89%), Manganese: 0.2mg (9.79%), Vitamin C: 7.25mg (8.79%), Copper: 0.17mg (8.33%), Folate: 31.39µg (7.85%), Vitamin A: 269.52IU (5.39%), Calcium: 52.7mg (5.27%), Fiber: 1.02g (4.07%), Vitamin D: 0.34µg (2.3%)