

Cheese-Stuffed Mini Meat Loaves

Dash Magazine - October 2013
www.dashrecipes.com

2 pounds ground turkey
1 cup panko bread crumbs
1 small (3/4 cup) onion, chopped
2 cloves garlic, minced
2 large eggs, beaten
2 tablespoons Worcestershire sauce
3/4 teaspoon salt
1/4 teaspoon pepper
4 ounces Cheddar cheese
1/4 cup ketchup
1 tablespoon brown sugar
1/2 teaspoon mustard powder

Preheat the oven to 350 degrees.

In a large bowl, combine the turkey, bread crumbs, onion, garlic, eggs, Worcestershire, salt and pepper.

Divide the mixture into twelve 2-1/2 inch meatballs.

Cut the cheddar cheese into twelve cubes. Press one cube into the middle of each meatball, pinching to seal.

Gently press the meatballs into muffin pan cups, leaving the centers mounded.

In a bowl, mix the ketchup, brown sugar and mustard powder. Brush on top of the meatballs. Place the pan on a baking sheet.

Bake for 30 minutes.

Per Serving (excluding unknown items): 1985 Calories; 113g Fat (52.1% calories from fat); 190g Protein; 44g Carbohydrate; 3g Dietary Fiber; 836mg Cholesterol; 4170mg Sodium. Exchanges: 0 Grain(Starch); 26 Lean Meat; 2 Vegetable; 6 Fat; 2 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1985	Vitamin B6 (mg):	3.5mg
% Calories from Fat:	52.1%	Vitamin B12 (mcg):	4.0mcg
% Calories from Carbohydrates:	9.0%	Thiamin B1 (mg):	.6mg

% Calories from Protein: 38.9%
Total Fat (g): 113g
Saturated Fat (g): 44g
Monounsaturated Fat (g): 39g
Polyunsaturated Fat (g): 19g
Cholesterol (mg): 836mg
Carbohydrate (g): 44g
Dietary Fiber (g): 3g
Protein (g): 190g
Sodium (mg): 4170mg
Potassium (mg): 2998mg
Calcium (mg): 1035mg
Iron (mg): 15mg
Zinc (mg): 22mg
Vitamin C (mg): 72mg
Vitamin A (i.u.): 1892IU
Vitamin A (r.e.): 450 1/2RE

Riboflavin B2 (mg): 1.7mg
Folacin (mcg): 114mcg
Niacin (mg): 33mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 26
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 6
Other Carbohydrates: 2

Nutrition Facts

Amount Per Serving

Calories 1985 **Calories from Fat:** 1034

% Daily Values*

Total Fat	113g	174%
Saturated Fat	44g	222%
Cholesterol	836mg	279%
Sodium	4170mg	174%
Total Carbohydrates	44g	15%
Dietary Fiber	3g	12%
Protein	190g	
Vitamin A		38%
Vitamin C		120%
Calcium		104%
Iron		84%

* Percent Daily Values are based on a 2000 calorie diet.