

Mini Meatloaf

www.BobEvans.com

1 package Bob Evans Savory Sage
sausage roll
1 egg
1/4 cup onion, finely diced
1/4 cup green pepper, finely diced
1/3 cup breadcrumbs
1 tablespoon parsley, minced
1/2 teaspoon thyme
1/3 cup ketchup
2 tablespoons brown sugar
1/2 teaspoon hot sauce

Preparation Time: 10 minutes

Cook Time: 20 minutes

Preheat the oven to 400 degrees.

In a large bowl, combine the sausage, egg, onion, green pepper, breadcrumbs, parsley and thyme. Stir until well mixed.

Spray a six-cup muffin pan with cooking spray. Divide about one-half cup of the sausage mixture into each cup.

In a small bowl, stir together the ketchup, brown sugar and hot sauce. Spoon the sauce evenly over each meatloaf.

Bake for 20 to 25 minutes or until cooked through.

Per Serving (excluding unknown items): 253 Calories; 5g Fat (18.3% calories from fat); 8g Protein; 46g Carbohydrate; 3g Dietary Fiber; 212mg Cholesterol; 1083mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat; 2 1/2 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	253	Vitamin B6 (mg):	.3mg
% Calories from Fat:	18.3%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	69.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	5g	Folacin (mcg):	60mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg

