

# Mini Meatloaves

50 Things to Make in a Muffin Pan  
Food Network Magazine - March 2016

2 pounds meatloaf mix (beef, pork, veal)  
1/2 cup grated onion  
1/2 cup panko  
1 egg  
1 tablespoon Worcestershire sauce  
1 teaspoon chili powder  
1 teaspoon chopped thyme  
1 teaspoon Kosher salt  
few grinds pepper  
chili sauce (for garnish)

Preheat the oven to 425 degrees.

Spray twelve muffin cups with nonstick cooking spray.

In a bowl, mix the meat, onion, panko, egg, Worcestershire, chili powder, thyme, Kosher salt and pepper.

Press the mixture into the muffin cups. Brush with chili sauce.

Bake until cooked through, 12 to 15 minutes.

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Per Serving (excluding unknown items): 234 Calories; 6g Fat (24.9% calories from fat); 12g Protein; 32g Carbohydrate; 3g Dietary Fiber; 212mg Cholesterol; 2210mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	234
% Calories from Fat:	24.9%
% Calories from Carbohydrates:	55.0%
% Calories from Protein:	20.1%
Total Fat (g):	6g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	212mg
Carbohydrate (g):	32g
	3g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	42mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

1 1/2

**Dietary Fiber (g):**  
**Protein (g):** 12g  
**Sodium (mg):** 2210mg  
**Potassium (mg):** 360mg  
**Calcium (mg):** 65mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 34mg  
**Vitamin A (i.u.):** 1133IU  
**Vitamin A (r.e.):** 162 1/2RE

**Grain (Starch):**  
**Lean Meat:** 1  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 234 Calories from Fat: 58

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### % Daily Values\*

<b>Total Fat</b>	6g		10%
Saturated Fat	2g		8%
<b>Cholesterol</b>	212mg		71%
<b>Sodium</b>	2210mg		92%
<b>Total Carbohydrates</b>	32g		11%
Dietary Fiber	3g		13%
<b>Protein</b>	12g		
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<b>Vitamin A</b>			23%
<b>Vitamin C</b>			56%
<b>Calcium</b>			6%
<b>Iron</b>			13%

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