

Vegetable Loaded Mini Meat Loaves

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|----------------|--------------|
| Prep Time | 15 mins |
| Total Time | 45 mins |
| Meal Type | Lunch,Dinner |
| Contributed By | |
| Source | Living Plate |
| Servings | 6 |



Ingredients

lb,c g,ml

- 2/3 cup carrots, *finely shredded*
- 2/3 cup zucchini, *finely shredded*
- 1 Tbs Dijon mustard
- 1/4 cup tomato paste
- 2 tsp Worcestershire sauce (gluten-free if needed)
- 1 1/2 tsp apple cider vinegar
- 1 tsp maple syrup
- 1 tsp dried basil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1 lb ground turkey
- 1 lb ground beef, 85% lean
- 2 eggs

Directions

Prep

1. Preheat the oven to 350°F.
2. Shred carrots and zucchini and squeeze dry in paper towels.
3. Grease mini loaf pans.
4. Whisk together glaze; mustard, tomato paste, Worcestershire, vinegar, and maple syrup.

Make

1. In a large bowl, combine the carrots, zucchini, basil, rosemary, garlic powder, and meat.
2. Add the eggs and, using hands or a spoon, make sure it is evenly combined.
3. Place the meat mixture into loaf pans and bake for approximately 15–20 minutes. Brush on glaze and continue to cook until internal temperature reaches 160° F, about another 5–10 minutes. Cook time will depend on the size of the loaf pan. If using a full-size loaf pan, meatloaf will take a total of 60 minutes.
4. Remove from the oven and let stand for 15 minutes before slicing and serving.
5. Serve topped with cheese or fresh herbs if desired.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories 352
per serving

| Amount/serving | % Daily Value* |
|--------------------------|----------------|
| Total Fat 19.2g | 29% |
| Saturated Fat 6.5g | 32% |
| <i>Trans</i> Fat 0.5g | |
| Cholesterol 181mg | 60% |
| Sodium 193mg | 8% |

| Amount/serving | % Daily Value* |
|-------------------------------|----------------|
| Total Carbohydrates 6g | 1% |
| Dietary Fiber 1g | 4% |
| Total Sugars 3g | |
| Protein 38g | |

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 1mcg 6% · Calcium 53mg 5% · Iron 4mg 20% · Potassium 668mg 14%

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