

## Manly Muffin Meat Loaf

Serving Size: 2 muffins

Yield: 6 servings

### Ingredients:

- 1 egg
- 1/2 cup non-fat milk
- 3/4 cups oats
- 1 pound lean ground beef
- 3 tablespoons onion (chopped)
- 1/2 teaspoon salt
- 1/2 cup cheese (any variety) (grated)

### Instructions:

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture into greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.

### Cost:

Per Serving: \$.0.72

<b>Nutrition Facts</b>	
Serving Size 2 muffin meatloaves, 1/6 of recipe (130g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
<b>Saturated Fat 5g</b>	<b>25%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 95mg</b>	<b>32%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 1g</b>	
<b>Protein 21g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 0%</b>
<b>Calcium 10%</b>	<b>Iron 15%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	