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Baked Mini Meat Loaves

Ingredients:

- ¾ pound lean ground beef
- ¾ cup uncooked oatmeal
- ¼ onion, grated
- ¼ teaspoon salt
- 1/8 teaspoon pepper

Makes 4 servings - 38% calories from fat

Instructions:

1. In a medium bowl mix together the ground beef, oatmeal, onion, salt and pepper. Combine ingredients blending well.
2. Form into four loaves about 2 inches high. Place in a large ungreased baking pan.
3. Bake at 375° F until brown and cooked through, about 25 to 30 minutes. Remove any fat drippings from pan before servings.

Nutrition Facts	
Serving Size 1 loaf	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 180mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 18g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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