

# Glazed Meatloaf Muffins

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## Servings: 12

*1 pound ground beef  
1 pound ground pork  
2 eggs  
1/2 cup apple butter  
1 tablespoon  
Worcestershire sauce  
1 cup panko bread crumbs  
1 cup white onion, finely  
chopped  
1 teaspoon garlic powder  
2 teaspoons dried parsley  
flakes  
1/2 teaspoon onion powder  
1/2 teaspoon smoked  
paprika  
1/4 teaspoon salt  
1/4 teaspoon ground pepper  
GLAZE  
1/2 cup apple butter  
1/2 cup ketchup  
1 teaspoon Worcestershire  
sauce  
1/2 teaspoon smoked  
paprika*

## Preparation Time: 10 minutes

## Cook Time: 40 minutes

Preheat the oven to 350 degrees.

Spray a twelve-cup standard muffin tin with nonstop cooking spray.

In a large bowl, combine the ground beef, ground pork, eggs, apple butter, Worcestershire, panko, onion, garlic powder, parsley, onion powder, paprika, salt and pepper. Mix by hand until fully blended and the meat sticks together.

Roll the meat mixture into twelve even balls. Place a ball into each muffin cup and press gently on the top to flatten.

Bake for 30 minutes.

While the meatloaves are baking, mix the apple butter, ketchup, Worcestershire and paprika until smooth to make the glaze.

Remove the meatloaves from the oven. Brush the tops with the glaze.

Bake for 5 to 10 minutes more until the meat is cooked through.

Immediately remove the meatloaves from the pan.

Serve warm.

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Per Serving (excluding unknown items): 296 Calories; 19g Fat (57.6% calories from fat); 14g Protein; 17g Carbohydrate; 1g Dietary Fiber; 95mg Cholesterol; 238mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.