Mini Meatloaf

www.BobEvans.com

 package Bob Evans Savory Sage sausage roll
egg
cup onion, finely diced
cup green pepper, finely diced
scup breadcrumbs
tablespoon parsley, minced
teaspoon thyme
scup ketchup
tablespoons brown sugar
teaspoon hot sauce

Preparation Time: 10 minutes Cook Time: 20 minutes Preheat the oven to 400 degrees.

In a large bowl, combine the sausage, egg, onion, green pepper, breadcrumbs, parsley and thyme. Stir until well mixed.

Spray a six-cup muffin pan with cooking spray. Divide about one-half cup of the sausage mixture into each cup.

In a small bowl, stir together the ketchup, brown sugar and hot sauce. Spoon the sauce evenly over each meatloaf.

Bake for 20 to 25 minutes or until cooked through.

Per Serving (excluding unknown items): 253 Calories; 5g Fat (18.3% calories from fat); 8g Protein; 46g Carbohydrate; 3g Dietary Fiber; 212mg Cholesterol; 1083mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat; 2 1/2 Other Carbohydrates.

Pork

Dar Canving Nutritianal Analysia

Calories (kcal):	253	Vitamin B6 (mg):	.3mg
% Calories from Fat:	18.3%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	69.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	5g	Folacin (mcg):	60mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg

Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	212mg
Carbohydrate (g):	46g
Dietary Fiber (g):	3g
Protein (g):	8g
Sodium (mg):	1083mg
Potassium (mg):	669mg
Calcium (mg):	87mg
lron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	55mg
Vitamin A (i.u.):	1513IU
Vitamin A (r.e.):	197RE

Caffeine (mg): Alcohol (kcal): <u>% Pofuso:</u>	0mg 0 ი ი%
Food Exchanges	
Grain (Starch):	0
Lean Meat:	1
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	2 1/2

Nutrition Facts

Amount Per Serving				
Calories 253	Calories from Fat: 46			
	% Daily Values*			
Total Fat 5g	8%			
Saturated Fat 2g	8%			
Cholesterol 212mg	71%			
Sodium 1083mg	45%			
Total Carbohydrates 46g	15%			
Dietary Fiber 3g	11%			
Protein 8g				
Vitamin A	30%			
Vitamin C	91%			
Calcium	9%			
Iron	18%			

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