



Meatloaf muffins

15'
Hands on

30'
Cook Time

6
Portion(s)

1
Difficulty



Ingredients

- 350 g ground beef
- salt
- pepper
- 1 teaspoon(s) garlic, powder
- 1 teaspoon(s) paprika, sweet
- 1 tomato
- 4 eggs, medium
- 100 g cheddar, grated
- parsley, finely chopped, to serve

Διατροφικός πίνακας

Nutrition information per portion

279 Calories (kcal)	21.0 Total Fat (g)	8.6 Saturated Fat (g)	1.0 Total Carbs (g)
14%	30%	43%	0%
0.8 Sugars (g)	21.0 Protein (g)	0.5 Fibre (g)	0.72 Sodium (g)
1%	42%	2%	12%

Method

- Preheat the oven to 200° C (390° F) set to fan.
- Lightly grease a [6-cup muffin pan](#) and set it aside.
- In a [bowl](#) mix the ground beef, salt, pepper, the garlic, and the paprika.
- Divide the ground beef among the muffin cups, covering their bottom and sides.
- Cut the tomato into 1 cm cubes.
- Crack the eggs into a bowl and whisk them with a fork until they are completely broken up.
- Season with salt and pepper, and divide the mixture among the cups with the ground beef.
- Top with the tomato cubes and the grated cheddar.
- Bake in the oven for 30 minutes or until the ground beef and the eggs are cooked through.
- Remove from the oven and allow 10 minutes for the muffins to cool.
- Remove them from the cups and serve with finely chopped parsley.