

Sheet Pan Mini Meat Loaves

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-pie-asparagus-recipe>

Ingredients:

- nonstick spray
- 1 large egg
- 1/2 cup yellow onion finely minced
- 2 cloves garlic finely minced
- 3 tablespoons ketchup for meat mixture
- 1/4 cup grated pecorino cheese
- 1 teaspoon dried basil
- 1 teaspoon fine sea salt for meat mixture
- 1 teaspoon black pepper
- 1 pound ground beef 90% lean
- 3 tablespoons ketchup for glaze
- 1 teaspoon apple cider vinegar
- 1 tablespoon brown sugar packed
- 1 pound asparagus
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon fine sea salt for asparagus

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 135 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 9 grams
8. Sodium: 1140 milligrams
9. Sugar: 11 grams
10. TransFat: 1 grams

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