



Buffalo Ranch Meatloaf



1/5th of meatloaf: 162 calories, 5g total fat (2g sat. fat), 570mg sodium, 2g carbs, 0g fiber, 0.5g sugars, 25g protein

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Prep: 10 minutes **Cook:** 50 minutes



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Ingredients

1 1/4 lbs. raw extra-lean ground beef (4% fat or less), or *HG Alternative*
1/4 cup egg whites or fat-free liquid egg substitute (like Egg Beaters Original)
2 tbsp. ranch dressing/dip seasoning mix
2 tbsp. [Frank's RedHot Original Cayenne Pepper sauce](#)
Seasonings: garlic powder, black pepper

Directions

Preheat oven to 400 degrees. Spray a loaf pan with nonstick spray.

In a large bowl, combine beef, egg whites/substitute, ranch mix, 1 tbsp. hot sauce, 1/4 tsp. garlic powder, and 1/4 tsp. black pepper. Mix thoroughly.

Transfer mixture to the loaf pan, and smooth out the surface. Bake until cooked through, about 50 minutes.

Just before slicing, top with remaining 1 tbsp. hot sauce.

MAKES 5 SERVINGS

HG Alternative: If made with lean ground turkey (7% fat or less) instead of extra-lean beef, each serving will have 177 calories, 7.5g total fat (3g sat. fat), 590mg sodium, 2g carbs, 0g fiber, 0.5g sugars, and 24g protein (**SmartPoints®** values*: 4 on **Green Plan**, 4 on **Blue Plan**, 4 on **Purple Plan**).

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