



Cheeseburger Mini Meatloaves



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1/6th of recipe (2 mini meatloaves): 182 calories, 6.5g total fat (3g sat. fat), 470mg sodium, 9g carbs, 1g fiber, 4g sugars, 21.5g protein

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Prep: 20 minutes **Cook:** 40 minutes



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Ingredients

1 lb. raw extra-lean ground beef (4% fat or less)
1 cup finely chopped onion
1/2 cup finely chopped green bell pepper
1/4 cup whole-wheat panko breadcrumbs
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
3 tbsp. ketchup
2 tsp. yellow mustard
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. salt
1/4 tsp. black pepper
3/4 cup shredded reduced-fat cheddar cheese
Optional toppings: additional ketchup, additional yellow mustard, dill pickle chips

Directions

Preheat oven to 375 degrees. Spray a 12-cup muffin pan with nonstick spray.

In a large bowl, thoroughly mix all ingredients *except* cheese. Evenly fill muffin pan, and smooth out the tops.

Bake until firm with lightly browned edges, about 35 minutes.

Sprinkle with cheese. Bake until melted, about 3 minutes.

MAKES 6 SERVINGS

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