



French Onion Meatloaf Minis



1/6th of recipe (2 mini meatloaves): 190 calories, 6.5g total fat (2.5g sat fat), 505mg sodium, 11g carbs, 1.5g fiber, 3g sugars, 21.5g protein

Freestyle™ [SmartPoints®](#) value 4*

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

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

- 1 lb. raw extra-lean ground beef (4% fat or less)
- 2 cups finely chopped brown mushrooms
- 1/4 cup French onion soup/dip seasoning mix
- 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
- 2 tbsp. whole-wheat panko breadcrumbs
- 1/2 tsp. garlic powder
- 1/4 tsp. black pepper
- 1 tbsp. light whipped butter or light buttery spread
- 3 cups thinly sliced sweet onions
- 1 tbsp. chopped garlic
- 3 slices reduced-fat provolone cheese cut into quarters

Directions

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

In a large bowl, thoroughly mix beef, mushrooms, seasoning mix, egg whites/substitute, breadcrumbs, garlic powder, and pepper.

Evenly transfer to muffin pan, and smooth out the tops. Bake until firm with lightly browned edges, about 35 minutes.

Meanwhile, melt butter in a large skillet over medium-low heat. Add onions, and cook and stir for 15 minutes.

Add chopped garlic, and cook and stir until garlic is fragrant and onions have caramelized, about 3 more minutes.

Evenly spoon onions over meatloaves and top with cheese. Bake until melted, about 3 minutes.

MAKES 6 SERVINGS

HG Tips: Can't find French onion soup/dip seasoning mix? Feel free to use regular onion soup/dip mix instead! Can't find whole-wheat panko? No worries! Use standard panko; it will barely affect the recipe's nutritional info.

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.