



Mini Hawaiian Meatloaves



1/6th of recipe (2 mini meatloaves): 160 calories, 3.5g total fat (1.5g sat. fat), 442mg sodium, 13.5g carbs, 1g fiber, 7.5g sugars, 18g protein

Prep: 15 minutes **Cook:** 35 minutes

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Ingredients

3/4 cup canned crushed pineapple packed in juice, thoroughly drained
1 tsp. chopped garlic
1/4 cup thick teriyaki marinade or sauce
1 lb. raw extra-lean ground beef (4% fat or less)
1 cup finely chopped onion
1/4 cup whole-wheat panko breadcrumbs
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1 tsp. garlic powder
1 tsp. onion powder
1/4 tsp. each salt and black pepper
Optional topping: paprika

Directions

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

In a medium bowl, mix drained pineapple with garlic and 2 tbsp. teriyaki sauce.

In a large bowl, thoroughly mix all remaining ingredients, including remaining 2 tbsp. teriyaki sauce.

Evenly fill muffin pan with meat mixture, and smooth out the tops. Evenly top with pineapple mixture.

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

MAKES 6 SERVINGS

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