



## 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

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

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



More: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

### 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**).

**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.