



Cheeseburger Mini Meatloaves



[Click here for a video demo](#) !

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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [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)
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

[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.