



Honey BBQ Meatloaf



1/5 of recipe: 195 calories, 4g total fat (1.5g sat. fat), 270mg sodium, 17g carbs, 0.5g fiber, 10g sugars, 21g protein

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Prep: 10 minutes **Cook:** 35 minutes



Ingredients

1/4 cup BBQ sauce
2 tbsp. honey
1 lb. raw extra-lean ground beef (at least 95% lean)
1 cup chopped onion
1/2 cup panko bread crumbs
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/8 tsp. salt
1/8 tsp. black pepper

Directions

Cut a piece of heavy-duty aluminum foil into a square about the size of your air fryer basket. Spray with nonstick spray.

In a small bowl, mix BBQ sauce with honey.

In a large bowl, combine remaining ingredients. Add half of the honey BBQ mixture, and mix thoroughly.

Form meat into a loaf on the foil. Place in an air fryer. Top with remaining honey BBQ mixture.

Set air fryer to 360°F. Cook for 30–35 minutes, until cooked through.

MAKES 5 SERVINGS

HG FYI: This recipe can also be found in Lisa's newest book, [***Hungry Girl Simply Comfort: Feel-Good Favorites for Your Slow Cooker & Air Fryer***](#). Order now and get ready for 200 recipes under 400 calories!

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