



## Jumbo Teriyaki Meatloaf Muffins



1/6th of recipe (1 muffin): 165 calories, 3.5g total fat (1.5g sat fat), 592mg sodium, 13.5g carbs, 2g fiber, 7.5g sugars, 18.5g protein

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

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

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

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

### Ingredients

3 cups roughly chopped cauliflower  
1 lb. raw extra-lean ground beef (4% fat or less), or *HG Alternative*  
1/2 cup canned crushed pineapple packed in juice, thoroughly drained  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/4 cup whole-wheat panko bread crumbs  
1/4 cup chopped scallions  
1 tsp. chopped garlic  
1/4 tsp. salt  
6 tbsp. thick teriyaki marinade or sauce  
1 tsp. sesame seeds

### Directions

Preheat oven to 375 degrees. Spray a jumbo 6-cup muffin pan with nonstick spray.

Pulse cauliflower in a blender until reduced to rice-sized pieces, working in batches as needed.

Transfer to a large bowl.

Add all remaining ingredients *except* teriyaki sauce and sesame seeds. Add 3 tbsp. teriyaki sauce, and mix thoroughly. Evenly distribute mixture among the muffin cups, and smooth out the tops. Sprinkle with sesame seeds, and lightly press into the muffins.

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

Evenly drizzle with remaining 3 tbsp. sauce.

MAKES 6 SERVINGS

**HG Alternative:** If made with lean ground turkey (7% fat or less), each muffin will have 175 calories, 5.5g total fat (2g sat fat), 606mg sodium, 13.5g carbs, 2g fiber, 7.5g sugars, and 18g protein (**SmartPoints**® values\*: 4 on **Green Plan**, 4 on **Blue Plan**, 4 on **Purple Plan**).

**HG FYI:** Jumbo muffin pans are sometimes labeled as giant. Look for them at stores like Bed Bath and Beyond, or [order one online](#).

**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.