



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

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



More: [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](#).

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