



## Sun-Dried Tomato & Mozzarella Meatloaf Minis



1/12th of recipe (1 meatloaf mini): 106 calories, 4g total fat (1.5g sat. fat), 202mg sodium, 6.5g carbs, 1g fiber, 2g sugars, 11g protein

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

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



### Ingredients

- 1 lb. raw lean ground turkey (at least 93% lean)
- 1 cup finely chopped onion
- 1/2 cup chopped bagged sun-dried tomatoes (not packed in oil)
- 1/2 cup panko breadcrumbs
- 1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
- 1/4 cup chopped fresh basil, or more for topping
- 1 tbsp. chopped garlic
- 1/2 tsp. Italian seasoning
- 1/2 tsp. onion powder
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 3/4 cup shredded part-skim mozzarella cheese

### Directions

Preheat oven to 375 degrees. Spray a 12-cup muffin pan with nonstick spray.

In a large bowl, combine all ingredients *except* mozzarella. Mix thoroughly. Evenly distribute among the muffin cups, and smooth out the tops.

Bake until firm with lightly browned edges, about 30 minutes.

Sprinkle with mozzarella. Bake until melted, about 5 minutes.

**MAKES 12 SERVINGS**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.