

SESAME GINGER MINI-MEATLOAVES

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Low Carb / Diabetes Friendly, Lower Sodium

Serves: 4 (Serving = 2 mini-meatloaves)

Nutrition (per serving)

Calories: 279	Total Carbohydrate: 17
Total Fat: 13 g	Dietary Fiber: 1 g
Saturated Fat: 4 g	Total Sugars: 9 g
Sodium: 383 mg	Protein: 23 g

Ingredients

Meatloaves

- Cooking spray
- 1 pound ground chicken breast
- 1/3 cup whole wheat panko bread crumbs
- 1/3 cup finely chopped green onion
- 1 Tablespoon peeled and minced fresh ginger

Asian glaze

- 2 Tablespoons rice vinegar
- 2 ½ teaspoons low sodium soy sauce
- 1 ½ Tablespoons honey

- 1 large egg
- 2 garlic cloves, minced
- 2 teaspoons toasted sesame oil
- 1 teaspoon low sodium soy sauce

- 1 teaspoon Sriracha chili sauce
- 1 teaspoon sesame seeds

Directions

1. Preheat oven to 375 degrees F. Spray muffin tin with cooking spray.
2. In a large bowl, mix together the meatloaf ingredients. Fill 8 muffin molds with meatloaf mixture.
3. In a small bowl, mix together vinegar, soy sauce, honey and Sriracha. Evenly distribute over top of meatloaves and sprinkle with sesame seeds.
4. Bake for 15-17 minutes, or until meatloaves reach an internal temperature of 165 degrees.