

# SESAME GINGER MINI-MEATLOAVES

*Low Carb / Diabetes Friendly, Lower Sodium*

*Serves: 4 (Serving = 2 mini-meatloaves)*

## Nutrition (per serving)

Calories: 220

Total Fat: 5 g

Saturated Fat: 0.5 g

Sodium: 340 mg

Total Carbohydrate: 14 g

Dietary Fiber: 1 g

Total Sugars: 8 g

Added Sugars: 7 g

Protein: 29 g

PREP TIME: 10 min

COOK TIME: 17 min

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**TOTAL TIME: 27 min**



## 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 grated fresh ginger

### *Asian glaze*

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

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

- 1 ½ Tablespoons honey
- 1 teaspoon Sriracha chili sauce



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- 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.