



Mashie-Topped Meatloaf Cupcakes



1/6th of recipe (2 meatloaf cupcakes): 280 calories, 6.5g total fat (2.5g sat fat), 485mg sodium, 29.5g carbs, 3g fiber, 6g sugars, 25.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 4*

Prep: 25 minutes **Cook:** 30 minutes

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



Ingredients

Meatloaf

- 1 1/4 lbs. extra-lean ground beef (4% fat or less)
- 1 cup finely chopped green bell pepper
- 3/4 cup finely chopped onion
- 1/2 cup fat-free liquid egg substitute or egg whites
- 1/2 cup quick-cooking oats
- 1/4 cup ketchup
- 2 tsp. garlic powder
- 1/2 tsp. each salt and black pepper

Mashies

- 20 oz. (about 3 medium) white potatoes, peeled and cubed
- 2 1/2 tbsp. light sour cream
- 1 1/2 tbsp. light whipped butter or light buttery spread
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 1/8 tsp. paprika
- Optional seasoning: black pepper

Directions

Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a large bowl, combine all meatloaf ingredients. Thoroughly mix.

Evenly distribute meatloaf mixture among the muffin cups, and smooth out the tops with the back of a spoon. Bake until firm and cooked through with lightly browned edges, 20 - 25 minutes.

Meanwhile, bring a medium pot of water to a boil. Add potatoes, and once returned to a boil, reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Drain and transfer potatoes to a large bowl. Add remaining ingredients for mashies except paprika. Thoroughly mash and mix.

Evenly top mini meatloaves with mashies, and sprinkle with paprika. Makes six servings; two cupcakes per serving. Eat up!

MAKES 6 SERVINGS

[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.

