

# Lighter Mexican Meatloaf

Yield: 10 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/low-fat-mexican-meatloaf-recipe>

## Ingredients:

- cooking spray
- 1 pound ground turkey lean
- 1 pound ground chicken
- 15 ounces black beans rinsed and drained
- 15 ounces whole kernel corn, drained and rinsed
- 2 ounces green chiles fire-roasted diced
- 1 cup chunky salsa mild
- 1 ounce taco seasoning mix
- 3/4 cup dried breadcrumbs plain
- 3 egg whites
- 28 ounces enchilada sauce divided

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 75 milligrams
4. Fat: 8 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 2 grams
8. Sodium: 1380 milligrams
9. Sugar: 8 grams

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