



Buffalo Chicken Meat Loaf

READY IN



75 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 oz cheese blue crumbled
- ☐ 0.8 cup breadcrumbs plain progresso®
- ☐ 0.5 cup sauce of the chicken from the turbo broiler
- ☐ 1 cup carrots finely chopped
- ☐ 1 cup celery finely chopped
- ☐ 1 eggs
- ☐ 1 clove garlic finely chopped
- ☐ 1 lb ground chicken
- ☐ 0.5 cup milk

- ☐ 1 cup onion finely chopped
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon worcestershire sauce

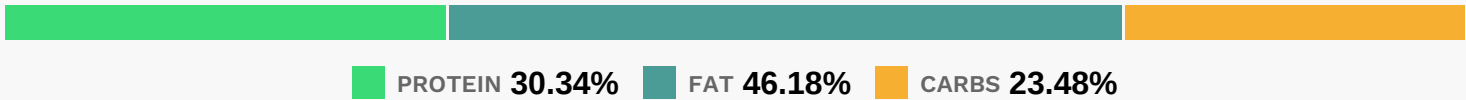
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 350°F. Spray 8x4- or 9x5-inch loaf pan with cooking spray.
- ☐ In large bowl, mix all ingredients except Buffalo wing sauce.
- ☐ Add 1/4 cup of the Buffalo wing sauce; mix well to combine. Press mixture in pan.
- ☐ Bake uncovered 40 to 50 minutes or until meat thermometer inserted in center of loaf reads at least 165°F.
- ☐ Let stand 10 minutes.
- ☐ Pour remaining 1/4 cup Buffalo wing sauce over loaf before slicing.

Nutrition Facts



Properties

Glycemic Index:58.21, Glycemic Load:2.85, Inflammation Score:-10, Nutrition Score:25.435217421988%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg

Nutrients (% of daily need)

Calories: 439.57kcal (21.98%), Fat: 22.63g (34.82%), Saturated Fat: 10.44g (65.23%), Carbohydrates: 25.89g (8.63%), Net Carbohydrates: 22.86g (8.31%), Sugar: 6.93g (7.7%), Cholesterol: 168.68mg (56.23%), Sodium: 2251.53mg (97.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.46g (66.92%), Vitamin A: 5845.45IU (116.91%), Phosphorus: 458.33mg (45.83%), Vitamin B3: 8.55mg (42.75%), Vitamin B6: 0.82mg (41.14%), Selenium: 26.25µg (37.5%), Vitamin B2: 0.63mg (37.27%), Calcium: 312.98mg (31.3%), Potassium: 1053.5mg (30.1%), Vitamin B1: 0.4mg (26.73%), Vitamin B5: 2.46mg (24.55%), Vitamin B12: 1.4µg (23.35%), Zinc: 3.37mg (22.48%), Manganese: 0.41mg (20.65%), Folate: 63.95µg (15.99%), Iron: 2.73mg (15.18%), Vitamin K: 15.87µg (15.12%), Magnesium: 57.88mg (14.47%), Fiber: 3.03g (12.13%), Copper: 0.2mg (10.22%), Vitamin C: 6.42mg (7.78%), Vitamin E: 0.84mg (5.59%), Vitamin D: 0.73µg (4.88%)