

Chicken Meat Loaf

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup bread crumbs
- ☐ 1 small carrots peeled cut into large pieces
- ☐ 3 chicken-breast halves pounded to steamed
- ☐ 2 tablespoons dijon mustard
- ☐ 2 eggs
- ☐ 3 garlic cloves peeled
- ☐ 0.5 golden delicious apple grated peeled

- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons maple syrup
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup pistachios shelled
- ☐ 2 scallions thinly sliced
- ☐ 1 tablespoon tomato paste
- ☐ 1 small onion yellow quartered

Equipment

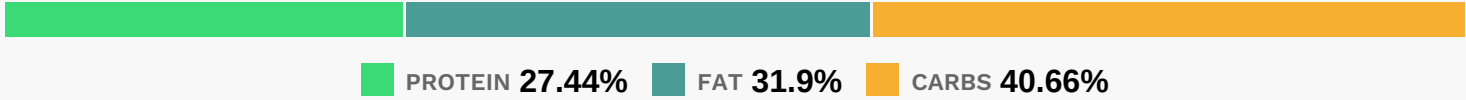
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400F. Lightly coat a 9-by-3-inch loaf pan with cooking spray and set aside.
- ☐ In a large bowl, whisk together the eggs, mustard, oil, salt, pepper, and 1 tablespoon of the tomato paste. In a food processor, chop the garlic, onion, and carrot until finely chopped.
- ☐ Transfer to the bowl. Finely chop 2 chicken-breast halves (about 1/8-inch dice), and cut 1 chicken-breast half into 1/2-inch pieces.
- ☐ Add to the bowl along with the scallions, apple, and bread crumbs. Using your hands, mix to combine well.
- ☐ Place half the meat-loaf mixture in the pan.
- ☐ Sprinkle on the pistachios in 1 layer. Top with the remaining meat-loaf mixture, pressing gently.
- ☐ Bake for 20 minutes.
- ☐ Meanwhile, whisk together the maple syrup and remaining tomato paste.

- ☐
- Brush the glaze over the meat loaf and return it to the oven for 10 minutes.
- ☐
- Remove and let rest, covered with foil, for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:84.58, Glycemic Load:6.36, Inflammation Score:-9, Nutrition Score:23.751304211824%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 402.3kcal (20.12%), Fat: 14.25g (21.93%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 36.68g (13.34%), Sugar: 15.9g (17.67%), Cholesterol: 136.08mg (45.36%), Sodium: 1035.33mg (45.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.15%), Selenium: 44.62µg (63.74%), Vitamin B3: 11.17mg (55.85%), Vitamin B6: 0.97mg (48.73%), Vitamin A: 2414IU (48.28%), Manganese: 0.89mg (44.57%), Phosphorus: 345.32mg (34.53%), Vitamin B2: 0.54mg (31.62%), Vitamin B1: 0.47mg (31.21%), Potassium: 703.18mg (20.09%), Vitamin B5: 1.87mg (18.68%), Vitamin K: 19.49µg (18.56%), Fiber: 4.19g (16.74%), Iron: 2.93mg (16.26%), Magnesium: 63.5mg (15.87%), Folate: 59.16µg (14.79%), Copper: 0.29mg (14.7%), Calcium: 118.1mg (11.81%), Zinc: 1.69mg (11.28%), Vitamin E: 1.51mg (10.1%), Vitamin C: 6.36mg (7.71%), Vitamin B12: 0.46µg (7.66%), Vitamin D: 0.52µg (3.5%)