

## Chicken Mushroom Meatloaf

READY IN



95 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup bran cereal such as Kellogg's® All-Bran®
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.8 cup bread crumbs dry
- ☐ 2 eggs
- ☐ 2 tablespoons parsley fresh chopped to taste
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 6 servings salt and ground pepper black to taste

- ☐ 0.3 cup catsup
- ☐ 3 cups mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion diced
- ☐ 1.5 pounds chicken breast halves boneless skinless finely minced
- ☐ 1 pound chicken thighs boneless skinless finely minced

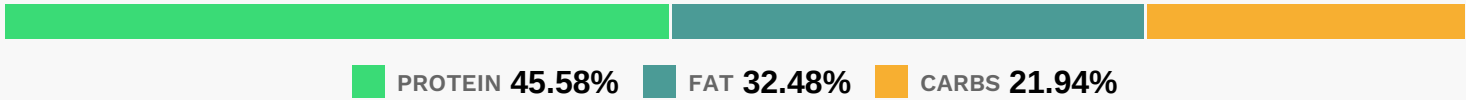
## Equipment

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

## Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a 9x5-inch loaf pan.
- ☐ Mix together the bran cereal and buttermilk in a bowl, and set aside to soften. Meanwhile, heat olive oil in a skillet over medium heat; cook and stir onion and garlic until the onion is translucent, about 5 minutes. Stir in the mushrooms, and cook, stirring often, until the liquid from the mushrooms has evaporated. Stir in rosemary, thyme, and ketchup; season with salt and black pepper.
- ☐ In a large bowl, mix together the chicken breast and thigh meat, eggs, and bread crumbs until thoroughly combined, then lightly mix in the parsley, buttermilk-cereal mixture, and mushroom mixture. Pat the mixture into the prepared loaf pan.
- ☐ Bake in the preheated oven until browned, the loaf is no longer pink in the center, and an instant-read thermometer inserted into the center reads at least 160 degrees F (70 degrees C). Allow to rest for about 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:38.11, Glycemic Load:2.48, Inflammation Score:-8, Nutrition Score:33.152608664139%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 403.67kcal (20.18%), Fat: 14.62g (22.5%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 19.12g (6.95%), Sugar: 7.54g (8.37%), Cholesterol: 203.35mg (67.78%), Sodium: 468.76mg (20.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.16g (92.33%), Vitamin B3: 19.69mg (98.44%), Vitamin B6: 1.96mg (98.2%), Selenium: 68.02µg (97.18%), Phosphorus: 576.24mg (57.62%), Vitamin B2: 0.8mg (46.78%), Vitamin B5: 3.79mg (37.88%), Vitamin B12: 2.06µg (34.38%), Manganese: 0.64mg (32.14%), Vitamin B1: 0.47mg (31.04%), Vitamin K: 31.83µg (30.31%), Folate: 113.67µg (28.42%), Potassium: 979.94mg (28%), Zinc: 3.32mg (22.13%), Magnesium: 86.06mg (21.52%), Iron: 3.51mg (19.5%), Copper: 0.36mg (17.89%), Calcium: 125.99mg (12.6%), Fiber: 3.1g (12.39%), Vitamin E: 1.46mg (9.71%), Vitamin A: 459.07IU (9.18%), Vitamin C: 7.34mg (8.9%), Vitamin D: 1.24µg (8.3%)