



Easy Chicken Meatloaf

READY IN



110 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup carrots (from 1 medium carrot)
- 0.5 cup celery stalks (from 1 medium celery stalk)
- 0.8 cup wine dry white
- 1 large eggs lightly beaten
- 1 teaspoon thyme sprigs fresh finely chopped
- 1 medium garlic clove minced
- 1 ounce gouda cheese shredded
- 2 pounds ground beef

- 2.5 teaspoons kosher salt
- 1 cup onion yellow (from)
- 0.5 cup panko bread crumbs
- 1 tablespoon parsley fresh italian coarsely chopped
- 6 servings butter unsalted for coating the loaf pan
- 2 tablespoons vegetable oil
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- kitchen thermometer

Directions

- Heat the oven to 375°F and arrange a rack in the middle. Coat a 9-by-5-inch loaf pan with butter; set aside.
- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the onion, carrot, celery, garlic, and 1/2 teaspoon of the salt. Cook, stirring occasionally, until the vegetables have softened and are starting to brown, about 9 minutes. Increase the heat to medium high, add the wine, and let simmer until almost completely evaporated, about 4 minutes.
- Transfer the vegetable mixture to a large bowl and set aside to cool slightly, about 5 minutes. When the vegetables have cooled a bit, add the meat to the bowl, breaking it up with your hands.
- Add the panko, egg, cheese, and parsley. Evenly sprinkle everything with the Worcestershire, thyme, pepper, and remaining 2 teaspoons salt. Using clean hands, mix until evenly combined (don't squeeze or overwork the mixture).
- Transfer the mixture to the prepared pan, spread it to the edges, and smooth out the top.

Bake until cooked through and an instant-read thermometer inserted in the center registers 165°F, about 1 hour.

Remove the pan to a wire rack and let sit 10 minutes before slicing the meatloaf.

Nutrition Facts

PROTEIN 22.39% **FAT 70.58%** **CARBS 7.03%**

Properties

Glycemic Index:47.81, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:19.557391280713%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 553.19kcal (27.66%), Fat: 41.27g (63.49%), Saturated Fat: 16.04g (100.23%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 8.02g (2.91%), Sugar: 2.78g (3.09%), Cholesterol: 154.49mg (51.5%), Sodium: 1211.95mg (52.69%), Alcohol: 3.09g (100%), Alcohol %: 1.5% (100%), Protein: 29.46g (58.91%), Vitamin B12: 3.41µg (56.81%), Zinc: 6.84mg (45.57%), Vitamin A: 2092.04IU (41.84%), Selenium: 27.54µg (39.34%), Vitamin B3: 6.97mg (34.85%), Phosphorus: 313mg (31.3%), Vitamin B6: 0.59mg (29.45%), Vitamin K: 27.22µg (25.92%), Iron: 3.8mg (21.12%), Vitamin B2: 0.33mg (19.35%), Potassium: 585.51mg (16.73%), Vitamin B5: 1.04mg (10.41%), Magnesium: 39.87mg (9.97%), Calcium: 98.57mg (9.86%), Manganese: 0.2mg (9.82%), Vitamin B1: 0.14mg (9.66%), Vitamin E: 1.32mg (8.78%), Folate: 32.85µg (8.21%), Copper: 0.15mg (7.29%), Vitamin C: 4.81mg (5.83%), Fiber: 1.23g (4.93%), Vitamin D: 0.42µg (2.78%)