



Gluten-Free Chicken Meatloaf



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup carrots grated peeled
- ☐ 1 lb meat from a rotisserie chicken minced
- ☐ 2 egg whites
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup coriander fresh chopped
- ☐ 1 tsp ginger fresh grated
- ☐ 1 cup mushroom caps fresh finely chopped
- ☐ 1 clove garlic minced

- ☐ 0.5 cup pasilla peppers red finely chopped
- ☐ 1 shallots finely sliced

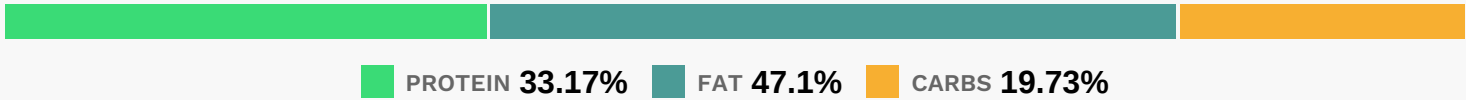
Equipment

- ☐ baking paper
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 175°C/350°FLine a 10 x 21 cm/4 x 8 inch loaf pan with baking paper
- ☐ Combine all the ingredients and mix well with your hands.Pack the ingredients into the prepared loaf tin and bake in the oven for 50 – 60 minutes, until the loaf is cooked through and golden on top.
- ☐ Remove from the oven and let stand for 10 minutes.
- ☐ Serve cut into slices with a salad or steamed greens.

Nutrition Facts



Properties

Glycemic Index:43.81, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:9.4678260917249%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 108.29kcal (5.41%), Fat: 5.75g (8.85%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.37g (2.63%), Cholesterol: 27.22mg (9.07%), Sodium: 54.23mg (2.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.23%), Vitamin A: 2339.29IU (46.79%), Vitamin C: 18.76mg (22.74%), Vitamin B3: 4.2mg (20.99%), Vitamin B6: 0.31mg (15.66%), Selenium: 9.54µg (13.63%), Vitamin B2: 0.19mg (11.2%), Phosphorus: 108.66mg (10.87%), Vitamin B5: 1.01mg (10.08%), Potassium: 285.43mg (8.16%),

Vitamin K: 8.22µg (7.83%), Manganese: 0.15mg (7.71%), Fiber: 1.71g (6.85%), Zinc: 0.96mg (6.39%), Magnesium: 20.68mg (5.17%), Folate: 18.84µg (4.71%), Copper: 0.09mg (4.51%), Iron: 0.67mg (3.74%), Vitamin B1: 0.05mg (3.13%), Vitamin E: 0.4mg (2.66%), Vitamin B12: 0.12µg (2.02%), Vitamin D: 0.22µg (1.49%), Calcium: 14.31mg (1.43%)