



Herbed Chicken Meatloaf

 Dairy Free

READY IN



32 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings toppings: cucumber plain crumbled sliced
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 pounds ground chicken
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.3 cup mayonnaise light
- ☐ 1 teaspoon olive oil

- ☐ 0.5 cup onion diced green red frozen
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 8 servings pita rounds split
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons greek seasoning

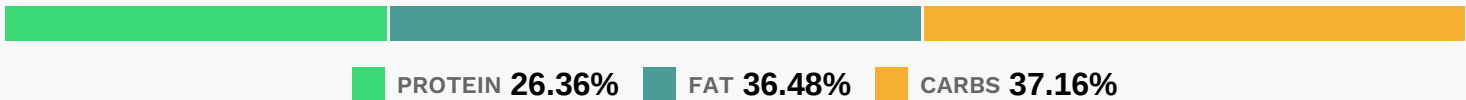
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Saut onion, red and green bell pepper, and celery in hot oil in a small skillet over medium-high heat 5 to 7 minutes or until vegetables are tender.
- ☐ Stir together ground chicken, next 8 ingredients, and sauted vegetables in a large bowl just until combined.
- ☐ Place mixture in a lightly greased 9- x 5-inch baking dish.
- ☐ Bake at 350 for 1 hour to 1 hour and 10 minutes or until a meat thermometer registers 16
- ☐ Let stand 10 minutes before slicing.
- ☐ Serve meatloaf slices in pita rounds with desired toppings.
- ☐ Note: For testing purposes only, we used Cavender's All Purpose Greek Seasoning.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:29.12, Inflammation Score:-4, Nutrition Score:17.36739147746%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 422.03kcal (21.1%), Fat: 17.11g (26.33%), Saturated Fat: 4g (24.99%), Carbohydrates: 39.22g (13.07%), Net Carbohydrates: 36.28g (13.19%), Sugar: 1.19g (1.33%), Cholesterol: 145.52mg (48.51%), Sodium: 898.39mg (39.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.64%), Vitamin B3: 8.14mg (40.72%), Vitamin B6: 0.67mg (33.52%), Vitamin K: 31.84µg (30.32%), Phosphorus: 298.64mg (29.86%), Selenium: 17.59µg (25.13%), Vitamin B2: 0.42mg (24.92%), Vitamin B1: 0.36mg (23.79%), Manganese: 0.44mg (21.81%), Potassium: 739.33mg (21.12%), Vitamin B5: 1.73mg (17.25%), Zinc: 2.47mg (16.45%), Iron: 2.93mg (16.26%), Vitamin B12: 0.77µg (12.83%), Magnesium: 50.05mg (12.51%), Copper: 0.24mg (11.81%), Fiber: 2.94g (11.76%), Vitamin E: 1.75mg (11.66%), Vitamin C: 9.01mg (10.92%), Calcium: 107.76mg (10.78%), Folate: 34.04µg (8.51%), Vitamin A: 292.69IU (5.85%), Vitamin D: 0.25µg (1.67%)