



## Spiced Chicken Loaf

READY IN



45 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons barbecue sauce
- 1 eggs
- 1 pound ground chicken
- 0.5 teaspoon pepper black
- 2 teaspoons catsup
- 1 pinch lemon pepper
- 1 cup onion diced
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt

0.7 cup bread stuffing mix crushed fine

## Equipment

bowl

oven

loaf pan

## Directions

Preheat oven to 350 degrees F (175 degrees C).

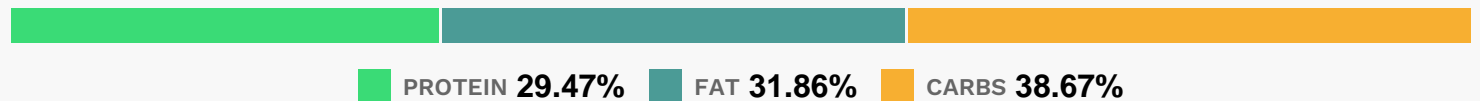
In a large bowl combine the chicken, stuffing mix crumbs, cheese, egg, onion, salt, pepper and garlic pepper seasoning.

Mix together, then stir in ketchup and barbeque sauce.

Mix well and pour mixture into a bread loaf pan.

Bake in preheated oven for 50 minutes. Turn oven off and let sit in hot oven for an additional 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:11.613478266675%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

## Nutrients (% of daily need)

Calories: 253.28kcal (12.66%), Fat: 8.93g (13.73%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 23.01g (8.37%), Sugar: 4.24g (4.72%), Cholesterol: 96.18mg (32.06%), Sodium: 725.21mg (31.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.15%), Selenium: 24.21µg (34.59%), Vitamin B3: 5.81mg (29.03%), Vitamin B6: 0.48mg (23.96%), Phosphorus: 221.36mg (22.14%), Vitamin B2: 0.35mg (20.44%), Vitamin B1: 0.26mg (17.08%), Potassium: 527.04mg (15.06%), Folate: 53.9µg (13.47%), Manganese: 0.24mg (11.79%),

Zinc: 1.68mg (11.23%), Vitamin B5: 1.1mg (10.95%), Iron: 1.86mg (10.34%), Vitamin B12: 0.55µg (9.17%), Magnesium: 32.15mg (8.04%), Calcium: 78.84mg (7.88%), Copper: 0.13mg (6.71%), Fiber: 1.36g (5.44%), Vitamin E: 0.45mg (2.98%), Vitamin C: 2.05mg (2.49%), Vitamin A: 89.99IU (1.8%), Vitamin K: 1.47µg (1.4%), Vitamin D: 0.17µg (1.12%)