



Szechwan Chicken Meat Loaf

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons carrots finely chopped
- ☐ 2 tablespoons celery finely chopped
- ☐ 1 cup rice long-grain cooked
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon gingerroot or minced peeled
- ☐ 2 tablespoons green onions finely chopped
- ☐ 1 pound pd of ground turkey

- ☐ 2 tablespoons szechwan and spicy sauce hot all-purpose
- ☐ 2 tablespoons sesame seed toasted
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup water chestnuts chopped

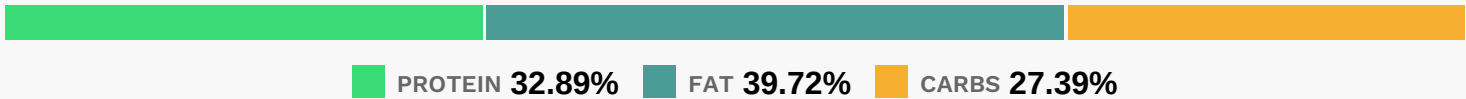
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Heat oil in a small nonstick skillet over medium-high heat.
- ☐ Add green onions, carrot, celery, gingerroot, and garlic; saut 2 minutes or until tender.
- ☐ Combine green onion mixture, rice, water chestnuts, soy sauce, and Szechwan sauce in a large bowl; stir well. Crumble chicken over green onion mixture, and stir just until blended.
- ☐ Preheat oven to 35
- ☐ Pack mixture into an 8 x 4-inch loaf pan coated with cooking spray; sprinkle sesame seeds over top of loaf.
- ☐ Bake at 350 for 50 minutes or until meat loaf registers 16
- ☐ Let loaf stand in pan 10 minutes.
- ☐ Remove loaf from pan; cut into 12 slices.
- ☐ Serve with Chinese hot mustard and sweet-and-sour sauce, if desired.
- ☐ Serve leftover meat loaf slices on sandwich bread with Chinese hot mustard and very thinly sliced green cabbage.

Nutrition Facts



Properties

Glycemic Index:49.97, Glycemic Load:8.42, Inflammation Score:-6, Nutrition Score:9.8060869963273%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 185.67kcal (9.28%), Fat: 8.24g (12.68%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 11.67g (4.24%), Sugar: 1.97g (2.19%), Cholesterol: 65.01mg (21.67%), Sodium: 448.32mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.7%), Vitamin B6: 0.49mg (24.58%), Vitamin B3: 4.82mg (24.11%), Phosphorus: 178.23mg (17.82%), Vitamin A: 867.59IU (17.35%), Manganese: 0.33mg (16.62%), Selenium: 11.02µg (15.74%), Potassium: 481.03mg (13.74%), Vitamin B2: 0.21mg (12.49%), Zinc: 1.57mg (10.46%), Copper: 0.21mg (10.38%), Vitamin B5: 1mg (10.01%), Magnesium: 33.45mg (8.36%), Vitamin B1: 0.12mg (8.06%), Iron: 1.43mg (7.95%), Vitamin B12: 0.42µg (7.06%), Vitamin K: 6.32µg (6.02%), Fiber: 1.11g (4.46%), Calcium: 41.09mg (4.11%), Vitamin E: 0.36mg (2.37%), Folate: 9.3µg (2.33%), Vitamin C: 1.26mg (1.52%)