



## Zesty Chicken Meatloaf

READY IN



70 min.

SERVINGS



8

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups bread crumbs
- 2 eggs
- 1 pound ground chicken
- 2 tablespoons salad dressing ranch-style
- 3 tablespoons salsa
- 0.5 cup cheddar cheese shredded
- 1.3 ounce taco seasoning

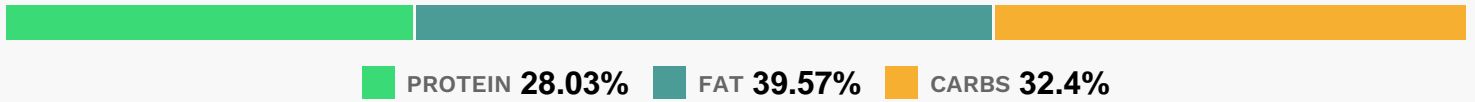
### Equipment

- bowl
- oven
- loaf pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease an 8x4 inch loaf pan.
- In a large bowl, mix together the ground chicken, eggs, bread crumbs, salsa, salad dressing, and taco seasoning mix. Pack into the prepared loaf pan.
- Bake for 1 hour in the preheated oven. Top with cheese, and serve with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:3.38, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:10.376956576886%

## Nutrients (% of daily need)

Calories: 224.08kcal (11.2%), Fat: 9.86g (15.17%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 16.32g (5.93%), Sugar: 2.76g (3.06%), Cholesterol: 96.74mg (32.25%), Sodium: 675.55mg (29.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.45%), Selenium: 16.39µg (23.41%), Vitamin B3: 4.59mg (22.94%), Phosphorus: 190.91mg (19.09%), Vitamin B1: 0.27mg (17.79%), Vitamin B2: 0.3mg (17.74%), Vitamin B6: 0.35mg (17.56%), Vitamin A: 575.77IU (11.52%), Iron: 1.98mg (11%), Potassium: 374.7mg (10.71%), Manganese: 0.21mg (10.34%), Zinc: 1.54mg (10.28%), Calcium: 98.69mg (9.87%), Vitamin B5: 0.94mg (9.41%), Vitamin B12: 0.56µg (9.35%), Fiber: 1.85g (7.41%), Folate: 29.13µg (7.28%), Magnesium: 24.92mg (6.23%), Copper: 0.1mg (5.17%), Vitamin K: 4.2µg (4%), Vitamin E: 0.49mg (3.25%), Vitamin C: 2.12mg (2.57%), Vitamin D: 0.26µg (1.75%)