

Chicken Meatloaf

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Servings: 6

3/4 cup unseasoned bread crumbs

3/4 cup fat-free milk

3 pounds ground chicken

10 ounces baby bella mushrooms,
shredded

2 large onions, chopped

4 eggs, lightly beaten

1/2 cup parsley, chopped

1 package (1.25 ounce) Mrs Dash
meatloaf seasoning

1 tablespoon fresh lemon zest

1 1/2 teaspoons salt

1 can (14-1/2 ounce) Italian

seasoned stewed tomatoes (optional)

Preparation Time: 30 minutes

Bake: 55 minutes

Preheat the oven to 375 degrees.

Coat a large shallow roasting pan with nonstick cooking spray.

In a large bowl, combine the bread crumbs and milk. Add the ground chicken, mushrooms, onions, eggs, parsley, meatloaf seasoning, lemon zest and salt. Mix thoroughly. Form into two meatloaves. Place the meatloaves into the prepared pan.

Bake for 55 minutes or until the internal temperature reaches 180 degrees.

Serve with the seasoned stewed tomatoes, if desired.

*This recipe provides two meatloaves.
One can be eaten immediately and the
second frozen for another meal.*

Per Serving (excluding unknown items): 562 Calories; 24g Fat (39.9% calories from fat); 74g Protein; 8g Carbohydrate; 1g Dietary Fiber; 355mg Cholesterol; 790mg Sodium. Exchanges: 10 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	562	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	39.9%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	5.6%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	54.5%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	24g	Folacin (mcg):	46mcg

Saturated Fat (g): 7g
Monounsaturated Fat (g): 9g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 355mg
Carbohydrate (g): 8g
Dietary Fiber (g): 1g
Protein (g): 74g
Sodium (mg): 790mg
Potassium (mg): 713mg
Calcium (mg): 74mg
Iron (mg): 4mg
Zinc (mg): 6mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 557IU
Vitamin A (r.e.): 113 1/2RE

Niacin (mg): 22mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 10 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 562 **Calories from Fat:** 224

% Daily Values*

Total Fat 24g		37%
Saturated Fat 7g		33%
Cholesterol 355mg		118%
Sodium 790mg		33%
Total Carbohydrates 8g		3%
Dietary Fiber 1g		4%
Protein 74g		
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Vitamin A		11%
Vitamin C		15%
Calcium		7%
Iron		23%

* Percent Daily Values are based on a 2000 calorie diet.