

Caprese Chicken Meatloaf

Caprese Chicken Meatloaf made with ground chicken, Mozzarella, basil, plum tomatoes and gluten free breadcrumbs makes a healthy weeknight dinner.



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 Course	Main Entree
 Cuisine	Italian
 Keyword	chicken, meatloaf
 Prep Time	10 minutes
 Cook Time	1 hour
 Total Time	1 hour 10 minutes
 Servings	6
 Calories	186kcal
 Author	Carrie's Experimental Kitchen

Ingredients

- 1 lb. ground chicken
- 1 lg. egg
- 1/2 c. gluten free breadcrumbs
- 1/2 c. diced plum tomatoes
- 2 tbsp. fresh chopped basil
- 4 oz. diced fresh mozzarella
- 1 clove garlic, minced

Instructions

1. Preheat oven to 350 degrees F.
2. Mix all of the ingredients together in a bowl, shape into a rectangular form; then bake until the meat is cooked through to an internal temperature of 180 degrees F (approx. 50-60 minutes)

Notes

*Nutritional information provided by MyFitnessPal and may not be 100% accurate based on actual products used.

Nutrition

Calories: 186kcal | Carbohydrates: 9g | Protein: 20g | Fat: 11g | Cholesterol: 44mg | Sodium: 130mg | Fiber: 1g | Sugar: 2g