Prep Time: 15 minutes
Cook Time: 25 minutes
Total Time: 40 minutes
Servings: 6 (12 cups)
Calories: 320 kcal per serving

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Introduction

Meal prepping just got a whole lot tastier. These Keto Chicken Meatloaf Cups are the perfect solution for busy weeknights when you want something savory, filling, and completely low-carb. By swapping traditional beef and breadcrumbs for ground chicken and almond flour, we create a lighter yet flavor-packed bite that fits perfectly into a ketogenic lifestyle.

Baking these in a muffin tin solves two problems: it drastically reduces cooking time and creates perfect portion control. Each cup is packed with hidden vegetables (like zucchini) to keep the meat moist and add nutrients without adding carbs. Whether you serve them as a main dish with a side salad or as a party appetizer, these chicken meatloaf cups are guaranteed to be a hit.

Ingredients

For the Meatloaf Cups:

- 1.5 lbs (680g) Ground Chicken (you can also use ground turkey)
- 1 cup Zucchini, grated and squeezed dry (remove excess water to prevent sogginess)
- 1/2 cup Almond Flour
- 1/2 cup Parmesan Cheese, grated
- 1/4 cup Sugar-Free Ketchup (or tomato paste)
- 1 Large Egg
- 1/2 small Onion, finely diced
- 2 cloves Garlic, minced

- 1 tsp Salt
- 1/2 tsp Black Pepper
- 1 tsp Dried Oregano
- 1/2 tsp Smoked Paprika

For the Glaze:

- 1/4 cup Sugar-Free Ketchup
- 1 tbsp Golden Monk Fruit Sweetener (or erythritol)
- 1 tsp Apple Cider Vinegar

Instructions

Step 1: Preheat and Prep

1. Preheat your oven to 375°F (190°C) .

2. Generously grease a standard 12-cup muffin tin with non-stick cooking spray or brush with melted butter or olive oil. This is crucial to prevent sticking, as chicken is lean.

Step 2: Prepare the Vegetables

1. Grate the zucchini using a box grater.

2. Place the grated zucchini in a clean kitchen towel or paper towel and squeeze out as much liquid as possible. Do not skip this step; if the zucchini is wet, the meatloaf will fall apart and become mushy.

Step 3: Mix the Meatloaf

1. In a large mixing bowl, combine the ground chicken, squeezed zucchini, almond flour, Parmesan cheese, egg, diced onion, minced garlic, salt, pepper, oregano, and smoked paprika.

2. Mix the ingredients gently with your hands until just combined. Do not overmix, or the meat will become tough.

3. Fill each muffin cup with the meat mixture, pressing down slightly to ensure there are no air pockets. Fill them about 3/4 of the way to the top.

Step 4: Prepare the Glaze

1. In a small bowl, whisk together the sugar-free ketchup, monk fruit sweetener, and apple cider vinegar until dissolved.

2. Spoon a small amount (about 1 teaspoon) of the glaze over the top of each meatloaf cup, spreading it evenly with the back of the spoon.

Step 5: Bake

1. Bake in the preheated oven for 20 to 25 minutes.

2. The meatloaf cups are done when the internal temperature reaches 165°F (74°C) and the tops are slightly browned.

3. Broil (Optional): If you want a crispier top, switch the oven to broil for the last 2 minutes. Watch carefully to ensure the glaze doesn’t burn.

Step 6: Rest and Serve

1. Remove from the oven and let the cups rest in the tin for 5 minutes. This allows the juices to redistribute and helps them hold together.

2. Run a knife around the edges to loosen and lift them out.

Recipe Notes & Tips

- Meat Consistency: Ground chicken can be very sticky. Wetting your hands slightly with water before shaping the meatloaf mixture can make it easier to handle.
- Cheese: Parmesan adds a great salty kick, but you can also use sharp cheddar or mozzarella for a different flavor profile.
- Storage: Store leftovers in an airtight container in the refrigerator for up to 4 days.
- Freezing: These freeze beautifully! Place them on a baking sheet to flash freeze, then transfer to a Ziplock bag. They can be frozen for up to 3 months. Reheat in the microwave or oven.

Nutrition Information

Nutritional values are calculated based on 1 serving (2 meatloaf cups) using 80/20 ground chicken and standard ingredient ratios. Values are estimates and may vary based on specific brands used.

- Calories: 320 kcal
- Total Fat: 20g

- Saturated Fat: 5g
- Cholesterol: 145mg
- Sodium: 580mg
- Total Carbohydrates: 4g
- Dietary Fiber: 1g
- Sugars: 1g
- Protein: 28g