



100%
HEALTH SCORE

Alissa's Vegetarian Lentil Meatloaf

 Vegetarian  Dairy Free  Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup bread crumbs
- 6.5 ounce tomato sauce canned
- 0.5 cup carrots shredded
- 1 pinch cayenne pepper to taste
- 0.5 cup brown rice cooked
- 1.5 cups green lentils french
- 2 teaspoons thyme leaves dried
- 0.7 cup egg whites

- 0.3 cup flax seed crushed
- 1 tablespoon olive oil
- 0.8 cup onion chopped
- 0.5 cup bell pepper red chopped
- 4 servings salt to taste
- 0.3 cup wheat germ

Equipment

- food processor
- bowl
- sauce pan
- oven
- loaf pan

Directions

- Measure the lentils into a saucepan and fill with enough water to cover them by 1 inch. Bring to a boil, and cook until tender, about 45 minutes. Check occasionally and add more water if needed.
- Drain and set aside to cool.
- Preheat the oven to 375 degrees F (190 degrees C). Grease an 8x4 inch loaf pan.
- In the bowl of a food processor, combine the onion, carrot, bell pepper and wheat germ. Pulse until finely chopped.
- Transfer to a bowl.
- Put the lentils into the food processor and process into a paste. Spoon the lentils into the bowl with the vegetables and mix in the rice, bread crumbs, flax seed, egg whites, tomato sauce and olive oil. Season with thyme, cayenne pepper and salt. Spoon the mixture into the prepared loaf pan.
- Bake for 45 minutes in the preheated oven, until heated through and browned on the top. Cool slightly before slicing and serving.

Nutrition Facts



■ PROTEIN **23.08%** ■ FAT **18.43%** ■ CARBS **58.49%**

Properties

Glycemic Index:72.91, Glycemic Load:10.21, Inflammation Score:-10, Nutrition Score:41.644782439522%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg Galliccatechin: 0.1mg, Galliccatechin: 0.1mg, Galliccatechin: 0.1mg, Galliccatechin: 0.1mg

Nutrients (% of daily need)

Calories: 531.31kcal (26.57%), Fat: 11.04g (16.99%), Saturated Fat: 1.45g (9.03%), Carbohydrates: 78.86g (26.29%), Net Carbohydrates: 49.5g (18%), Sugar: 7.63g (8.48%), Cholesterol: 0mg (0%), Sodium: 649.53mg (28.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.22%), Manganese: 2.8mg (140.21%), Fiber: 29.36g (117.43%), Folate: 421.32µg (105.33%), Vitamin B1: 1.21mg (80.43%), Vitamin A: 3513.67IU (70.27%), Phosphorus: 543.56mg (54.36%), Iron: 8.89mg (49.41%), Magnesium: 185.27mg (46.32%), Vitamin C: 33.73mg (40.88%), Selenium: 28.03µg (40.04%), Vitamin B6: 0.76mg (37.78%), Zinc: 5.51mg (36.71%), Copper: 0.72mg (35.96%), Potassium: 1237.81mg (35.37%), Vitamin B2: 0.53mg (31.32%), Vitamin B3: 5.26mg (26.28%), Vitamin B5: 2.37mg (23.73%), Vitamin K: 20.52µg (19.54%), Calcium: 141.8mg (14.18%), Vitamin E: 2.02mg (13.46%), Vitamin B12: 0.11µg (1.79%)