

Carrot-Lentil Loaf



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 cups carrots sliced



2 cups lentils cooked



1 large eggs



2 large egg whites



2 tablespoons cilantro leaves fresh chopped



1 tablespoon ginger fresh minced peeled



0.5 cup garlic-and-herb breadcrumbs



2 tablespoons catsup

- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion vertically sliced
- ☐ 0.5 cup quick-cooking oats
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup walnuts coarsely chopped

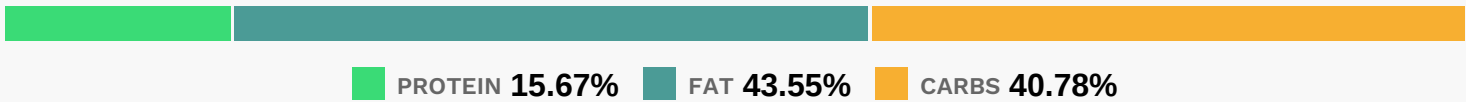
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350
- ☐ Steam carrot, covered, 15 minutes or until tender.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and ginger; saut 7 minutes or until golden.
- ☐ Combine the carrot, onion mixture, lentils, and the next 4 ingredients (lentils through egg) in a food processor, and process until smooth.
- ☐ Combine carrot mixture, oats, breadcrumbs, walnuts, and salt in a large bowl. Spoon mixture into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:7.55, Inflammation Score:-10, Nutrition Score:18.478260879931%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg

Nutrients (% of daily need)

Calories: 292.75kcal (14.64%), Fat: 14.82g (22.8%), Saturated Fat: 4.82g (30.1%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 22.78g (8.29%), Sugar: 6.93g (7.7%), Cholesterol: 51.47mg (17.16%), Sodium: 405.07mg (17.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.99%), Vitamin A: 7215.19IU (144.3%), Manganese: 0.98mg (49.03%), Folate: 151.25µg (37.81%), Fiber: 8.43g (33.71%), Phosphorus: 222.55mg (22.25%), Copper: 0.35mg (17.49%), Iron: 3.14mg (17.43%), Magnesium: 66.13mg (16.53%), Potassium: 559.87mg (16%), Vitamin B6: 0.31mg (15.34%), Vitamin B1: 0.23mg (15.17%), Selenium: 9.58µg (13.68%), Vitamin B2: 0.2mg (11.79%), Zinc: 1.57mg (10.49%), Vitamin C: 7.84mg (9.5%), Vitamin K: 9.35µg (8.91%), Vitamin B5: 0.84mg (8.42%), Vitamin B3: 1.41mg (7.04%), Vitamin E: 0.96mg (6.4%), Calcium: 55.04mg (5.5%), Vitamin B12: 0.08µg (1.4%), Vitamin D: 0.17µg (1.11%)