Cremini Mushroom Meat Loaf

Dairy Free

READY IN	SERVINGS	CALORIES
55 min.	4	270 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 0.5 teaspoon pepper black
- [ ] 1 tablespoon canola oil
- [ ] 4 servings cauliflower mash
- [ ] 1 pound cremini mushrooms
- [ ] 2 tablespoons cooking sherry dry
- [ ] 1 large eggs lightly beaten
- [ ] 2 teaspoons thyme leaves fresh chopped
- [ ] 6 garlic cloves minced

- [ ] 8 ounces ground sirloin 90% lean ( )
- [ ] 0.6 teaspoon kosher salt
- [ ] 0.3 cup lower-sodium ketchup divided
- [ ] 1.3 cups onion finely chopped
- [ ] 0.5 cup panko breadcrumbs
- [ ] 4 servings browned butter peas and carrots

Equipment

- [ ] food processor
- [ ] bowl
- [ ] frying pan
- [ ] baking sheet
- [ ] oven
- [ ] kitchen thermometer
- [ ] aluminum foil

Directions

- [ ] Preheat oven to 37
- [ ] Place half of mushrooms in a food processor; process until minced.
- [ ] Place minced mushrooms in a bowl. Repeat procedure with remaining mushrooms. Rinse and wipe processor clean.
- [ ] Heat a large skillet over medium-high heat.
- [ ] Add oil to pan; swirl to coat.
- [ ] Add onion; saut 3 minutes.
- [ ] Add garlic; saut 1 minute.
- [ ] Add mushrooms; cook 7 minutes or until liquid evaporates and mushrooms begin to brown.
- [ ] Add sherry; cook 1 minute, stirring frequently.
- [ ] Remove from heat; stir in thyme. Cool slightly.

- [ ] Combine mushroom mixture, panko, and next 4 ingredients (through egg), mixing until well combined. Shape mixture into a 7 x 3-inch free-form loaf on a foil-lined baking sheet coated with cooking spray.
- [ ] Bake at 375 for 20 minutes.
- [ ] Remove from oven; brush with half of ketchup.
- [ ] Bake an additional 10 to 15 minutes or until a thermometer registers 16
- [ ] Remove from oven; brush with remaining ketchup.
- [ ] Cut into 8 slices.

Nutrition Facts

PROTEIN **27.12%** FAT **46.04%** CARBS **26.84%**

Properties

Glycemic Index:45.25, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:20.629565290783%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg

Nutrients (% of daily need)

Calories: 269.65kcal (13.48%), Fat: 13.86g (21.32%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 15.84g (5.76%), Sugar: 4.8g (5.33%), Cholesterol: 85.06mg (28.35%), Sodium: 1058.35mg (46.02%), Alcohol: 0.77g (100%), Alcohol %: 0.36% (100%), Protein: 18.37g (36.74%), Selenium: 45.18µg (64.54%), Vitamin B2: 0.79mg (46.68%), Vitamin B3: 7.77mg (38.86%), Copper: 0.68mg (34.23%), Phosphorus: 321.84mg (32.18%), Zinc: 4.36mg (29.06%), Manganese: 0.51mg (25.46%), Vitamin B6: 0.5mg (25.17%), Potassium: 874.12mg (24.97%), Vitamin B12: 1.48µg (24.69%), Vitamin B5: 2.4mg (24.04%), Vitamin B1: 0.25mg (16.73%), Folate: 63.8µg (15.95%), Iron: 2.85mg (15.85%), Magnesium: 45.38mg (11.34%), Fiber: 2.33g (9.32%), Vitamin C: 7.3mg (8.85%), Calcium: 80.62mg (8.06%), Vitamin E: 1.05mg (7.02%), Vitamin K: 4.64µg (4.42%), Vitamin A: 212.75IU (4.26%), Vitamin D: 0.42µg (2.8%)