



Easy Lentil Loaf



Vegetarian



Dairy Free

READY IN



115 min.

SERVINGS



16

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices bread
- ☐ 1 cup carrots minced
- ☐ 1 teaspoon basil dried
- ☐ 2 teaspoons parsley dried
- ☐ 4 eggs
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup catsup to taste

- ☐ 16 ounce lentils
- ☐ 2 tablespoons olive oil
- ☐ 0.5 onion diced
- ☐ 1 cup pkt spinach fresh minced
- ☐ 2 cups vegetable broth
- ☐ 1 packet vegetable soup mix dry
- ☐ 5 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Bring water and lentils to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until lentils are tender, about 40 minutes.
- ☐ Drain.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease two 5x9-inch loaf pans.
- ☐ Heat olive oil in a skillet over medium heat; cook and stir onion, spinach, carrot, and garlic in the hot oil until onion is tender, 5 to 10 minutes.
- ☐ Mix lentils, onion mixture, bread, vegetable broth, eggs, 1/4 cup ketchup, soup mix, parsley, basil, and black pepper in a bowl. Divide mixture into the prepared loaf pans.
- ☐ Drizzle 2 tablespoons ketchup over each loaf.
- ☐ Bake in the preheated oven until cooked through, about 50 minutes.
- ☐ Let loaves sit for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.32, Glycemic Load:7.99, Inflammation Score:-8, Nutrition Score:15.016521790753%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 200.44kcal (10.02%), Fat: 4.09g (6.29%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 20.04g (7.29%), Sugar: 3.41g (3.79%), Cholesterol: 40.92mg (13.64%), Sodium: 279.28mg (12.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.43%), Folate: 165.23µg (41.31%), Fiber: 9.89g (39.57%), Manganese: 0.7mg (34.93%), Vitamin A: 1669.66IU (33.39%), Vitamin B1: 0.35mg (23.21%), Phosphorus: 183.64mg (18.36%), Iron: 3.27mg (18.17%), Selenium: 11.93µg (17.04%), Vitamin K: 15.23µg (14.5%), Magnesium: 49.38mg (12.34%), Zinc: 1.78mg (11.85%), Vitamin B6: 0.23mg (11.37%), Potassium: 372.94mg (10.66%), Copper: 0.21mg (10.66%), Vitamin B2: 0.18mg (10.6%), Vitamin B3: 2.08mg (10.4%), Vitamin B5: 0.98mg (9.82%), Calcium: 59.39mg (5.94%), Vitamin E: 0.7mg (4.68%), Vitamin C: 2.88mg (3.48%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)