

Healthier, Lighter Half-Meat Meatballs or Meatloaf

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons breadcrumbs
- 2 stalks celery
- 1 tablespoon dijon mustard
- 2 tablespoons parsley dried
- 1 eggs
- 4 garlic clove
- 1 lb ground pork lean

- 2 tablespoons catsup
- 8 ounces ground beef lean
- 1 teaspoon lemon pepper
- 1 cup mushrooms chopped
- 1 tablespoon cooking oil
- 0.5 onion
- 1.5 teaspoons poultry seasoning
- 0.8 cup oats
- 0.5 bell pepper red
- 4 spring onion
- 3 tablespoons soya sauce
- 6 ounces textured vegetable protein
- 5 ounces spicy tofu
- 0.3 cup vegetable broth low sodium

Equipment

- oven
- aluminum foil
- microwave
- ice cream scoop

Directions

- Reconstitute 1/2 12-ounce package of TSP/TVP according to package directions, in either hot water or with additional hot low-sodium broth. Finely chop the celery, onions, scallions, garlic and mushrooms and 'saute' in 1 T oil for a few minutes, then add the broth and stir over medium heat until soft.
- Let cool. Crumble the tofu, add the rest of the ingredients and the cooked vegetables and mix well with your hands.
- Add a more bread crumbs if needed to bind these; they will be light and will firm up a bit in the oven while they cook. Microwave a small amount to taste for seasoning and adjust as

needed. Form into meatballs and bake on non-stick spray prepared foil until cooked through. I make 1 1/2 inch meatballs, because that's the size my ice cream scooper makes, and I bake them at 350 for about 40 minutes. If you want to make a meatloaf with this, bake it for an hour.

Nutrition Facts

PROTEIN 35.15% **FAT 44.24%** **CARBS 20.61%**

Properties

Glycemic Index:86, Glycemic Load:7.25, Inflammation Score:-8, Nutrition Score:35.239130279292%

Flavonoids

Apigenin: 45.61mg, Apigenin: 45.61mg, Apigenin: 45.61mg, Apigenin: 45.61mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 4mg, Isorhamnetin: 4mg, Isorhamnetin: 4mg, Isorhamnetin: 4mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 712.2kcal (35.61%), Fat: 34.77g (53.49%), Saturated Fat: 11.31g (70.67%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 25.56g (9.29%), Sugar: 9.96g (11.07%), Cholesterol: 157.72mg (52.57%), Sodium: 1047.4mg (45.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.14g (124.29%), Selenium: 52.12µg (74.45%), Vitamin B1: 1.06mg (70.61%), Manganese: 1.16mg (57.96%), Iron: 9.77mg (54.3%), Vitamin K: 55.79µg (53.13%), Vitamin B3: 10.46mg (52.32%), Phosphorus: 482.68mg (48.27%), Vitamin B6: 0.9mg (45.12%), Zinc: 6.55mg (43.69%), Fiber: 10.89g (43.56%), Vitamin B2: 0.65mg (37.95%), Vitamin B12: 2.19µg (36.48%), Vitamin C: 26.83mg (32.52%), Calcium: 273.82mg (27.38%), Potassium: 919.89mg (26.28%), Magnesium: 103.92mg (25.98%), Vitamin B5: 2.01mg (20.08%), Vitamin A: 826.06IU (16.52%), Copper: 0.33mg (16.49%), Folate: 58.68µg (14.67%), Vitamin E: 1.59mg (10.58%), Vitamin D: 0.32µg (2.16%)