

Hemp No-Meat Loaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon pepper black



1.5 cups brown rice long-grain



2 tablespoons basil dried



1 eggs



2 cloves garlic chopped



0.5 cup hemp seed oil



1.5 cups hemp seeds shelled (Hemp Hearts)



0.5 cup catsup organic

- ☐ 1 sprigs parsley optional fresh for garnish
- ☐ 1 bell pepper red chopped
- ☐ 2 teaspoons sea salt
- ☐ 3 cups water
- ☐ 1 onion white chopped

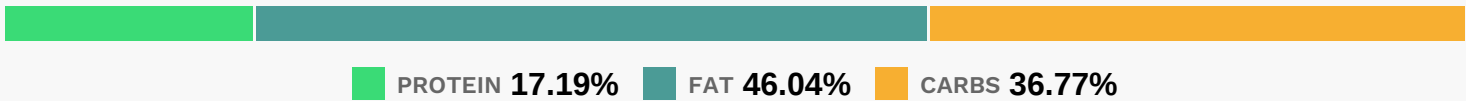
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ loaf pan

Directions

- ☐ Cook the rice with the 3 cups of water, and set aside.Preheat your oven to 325°F, and grease a 4×8–inch loaf pan.In a blender, combine the red pepper, onion, garlic, egg or egg replacer, hemp seed oil, black pepper, and salt. Blend on high until mostly smooth, but still slightly chunky.In a bowl, combine the shelled hemp seed, basil, rice, and the blender mixture.Put into the loaf pan and cover with the ketchup.
- ☐ Bake for 1 hour or until cooked through.Garnich with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:26.47, Glycemic Load:15.86, Inflammation Score:-7, Nutrition Score:16.045217340731%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 401.55kcal (20.08%), Fat: 20.75g (31.92%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 33.78g (12.28%), Sugar: 4.46g (4.96%), Cholesterol: 0.71mg (0.24%), Sodium: 726.53mg (31.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.86%), Manganese: 1.59mg (79.53%), Phosphorus: 532.67mg (53.27%), Iron: 7mg (38.89%), Vitamin C: 21.08mg (25.55%), Vitamin K: 21.67µg (20.64%), Vitamin B1: 0.31mg (20.36%), Magnesium: 65.68mg (16.42%), Vitamin A: 760.89IU (15.22%), Vitamin B6: 0.29mg (14.5%), Vitamin B3: 2.89mg (14.44%), Fiber: 3.51g (14.06%), Calcium: 101.02mg (10.1%), Vitamin B2: 0.15mg (8.71%), Copper: 0.17mg (8.38%), Potassium: 230.1mg (6.57%), Vitamin B5: 0.63mg (6.31%), Zinc: 0.91mg (6.06%), Folate: 21.53µg (5.38%), Vitamin E: 0.57mg (3.83%)