



 **65%**  
HEALTH SCORE

## Hippie Loaf

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

## Ingredients

- 15 ounces black beans drained and rinsed
- 3 tbsp brown rice flour
- 1 carrots whole minced
- 2 celery stalks whole minced
- 1 cup quinoa cooked
- 1 tbsp penzey's southwest seasoning italian
- 2 tbsp catsup
- 1 cup mushrooms coarsely chopped

- 1 onion diced whole
- 2 tbsp tamari sauce
- 2 garlic cloves whole minced

## Equipment

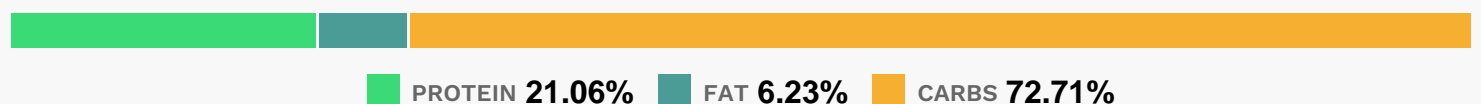
- bowl
- frying pan
- oven
- loaf pan
- spatula

## Directions

- Preheat oven to 350F. Grease a standard bread pan and set aside. Mash black beans in a large bowl and combine all ingredients until evenly combined.
- Transfer to pan and pat down firmly and tightly using a spatula.
- Bake 45 minutes to one hour, until firm and browned on the outside. Allow the loaf to cool and firm up before serving, about 15 to 20 minutes.

- Amount Per Serving
- Calories
- 20Fat
- 50g
- Carbohydrate
- 20gDietary Fiber13.20gSugars1.80gProtein14.90g

## Nutrition Facts



## Properties

Glycemic Index:67.71, Glycemic Load:10.78, Inflammation Score:-9, Nutrition Score:20.730434851802%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

## **Nutrients (% of daily need)**

Calories: 265.4kcal (13.27%), Fat: 1.9g (2.92%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 49.85g (16.62%), Net Carbohydrates: 37.14g (13.5%), Sugar: 4.89g (5.43%), Cholesterol: 0mg (0%), Sodium: 599.73mg (26.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.88%), Manganese: 1.28mg (63.81%), Vitamin A: 2630.89IU (52.62%), Fiber: 12.72g (50.86%), Folate: 197.34µg (49.34%), Magnesium: 127.83mg (31.96%), Phosphorus: 296.9mg (29.69%), Vitamin B1: 0.4mg (26.41%), Copper: 0.45mg (22.73%), Iron: 4.03mg (22.37%), Potassium: 713.83mg (20.4%), Vitamin B6: 0.33mg (16.45%), Vitamin B2: 0.27mg (15.85%), Zinc: 2.19mg (14.62%), Vitamin B3: 2.8mg (14.02%), Vitamin K: 10.76µg (10.25%), Vitamin B5: 0.87mg (8.75%), Selenium: 5.36µg (7.66%), Calcium: 76.02mg (7.6%), Vitamin E: 0.85mg (5.66%), Vitamin C: 4.35mg (5.27%)