

Imitation Meatloaf

 Vegetarian

READY IN



115 min.

SERVINGS



6

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown rice uncooked
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1.5 cups bread crumbs dry
- ☐ 2 eggs
- ☐ 2 teaspoons hot sauce
- ☐ 2 tablespoons catsup
- ☐ 1 large onion chopped
- ☐ 0.3 cup mozzarella cheese shredded

- ☐ 1 tablespoon soya sauce
- ☐ 0.3 cup tomatoes crushed
- ☐ 0.5 cup wheat germ

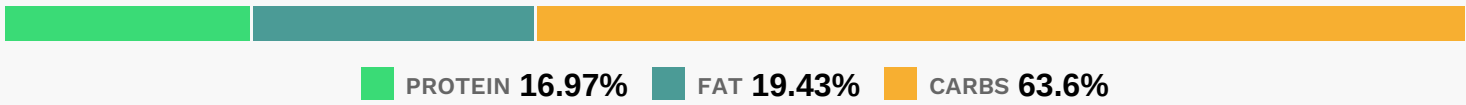
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Cook lentils and brown rice according to package directions.
- ☐ In a large bowl, mash lentils. To the lentils add wheat germ, bread crumbs, brown rice, eggs, onion, thyme, tomatoes, ketchup, soy sauce and cheese.
- ☐ Pour into loaf pan.
- ☐ Bake, covered, for 1 hour.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:7.62, Inflammation Score:-6, Nutrition Score:16.929130543833%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 259.87kcal (12.99%), Fat: 5.66g (8.71%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 37.88g (13.77%), Sugar: 4.58g (5.09%), Cholesterol: 59.48mg (19.83%), Sodium: 526.27mg (22.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.25%), Manganese: 2.21mg (110.6%), Vitamin B1: 0.54mg (35.99%), Selenium: 20.23µg (28.9%), Phosphorus: 235.34mg (23.53%), Folate: 74.34µg (18.58%), Vitamin B3: 3.54mg (17.69%), Magnesium: 67.63mg (16.91%), Iron: 3mg (16.68%), Vitamin B6: 0.33mg (16.61%),

Vitamin B2: 0.28mg (16.26%), Zinc: 2.37mg (15.81%), Fiber: 3.8g (15.21%), Copper: 0.24mg (12.23%), Calcium: 112.94mg (11.29%), Vitamin B5: 0.92mg (9.19%), Potassium: 305.38mg (8.73%), Vitamin B12: 0.37µg (6.12%), Vitamin K: 5.82µg (5.54%), Vitamin C: 4.37mg (5.3%), Vitamin A: 184.81IU (3.7%), Vitamin E: 0.45mg (2.98%), Vitamin D: 0.32µg (2.12%)