

Lentil Loaf



Vegetarian



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs dried
- ☐ 0.5 teaspoon basil dried
- ☐ 1.1 cups green lentils
- ☐ 1 teaspoon parsley dried
- ☐ 2 eggs
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil

- ☐ 2 tablespoons tomato paste
- ☐ 1 cup vegetable broth
- ☐ 0.5 packet vegetable soup mix dry
- ☐ 2.3 cups water
- ☐ 6 slices bread white

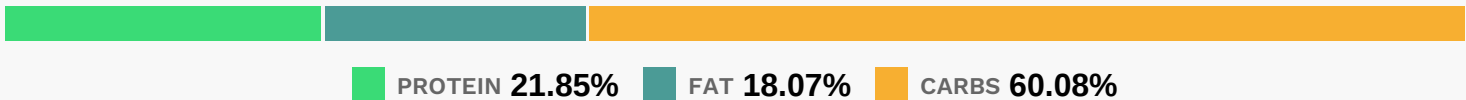
Equipment

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

Directions

- ☐ Combine lentils and water in a small saucepan. Bring to a boil. Reduce heat, and simmer until tender, about 40 minutes.
- ☐ Preheat oven to 400 degrees F (205 degrees C). Grease a 9x5 inch loaf pan.
- ☐ In a large bowl, mix together 2 cups cooked lentils, bread, eggs, broth, tomato paste, basil, garlic powder, black pepper, parsley, olive oil, and dry soup mix.
- ☐ Spread into prepared pan.
- ☐ Bake for 40 minutes.
- ☐ Sprinkle top with dry bread crumbs, and continue baking another 10 minutes.
- ☐ Let sit for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:45.23, Glycemic Load:12, Inflammation Score:-6, Nutrition Score:16.854782467303%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 267.34kcal (13.37%), Fat: 5.36g (8.25%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 27.98g (10.18%), Sugar: 3.48g (3.87%), Cholesterol: 54.56mg (18.19%), Sodium: 389.73mg (16.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.18%), Folate: 214.54µg (53.64%), Fiber: 12.14g (48.55%), Manganese: 0.73mg (36.73%), Vitamin B1: 0.51mg (33.94%), Iron: 4.38mg (24.31%), Phosphorus: 235.11mg (23.51%), Selenium: 15.13µg (21.61%), Zinc: 2.27mg (15.15%), Magnesium: 59.2mg (14.8%), Copper: 0.28mg (14.11%), Vitamin B2: 0.24mg (13.96%), Vitamin B3: 2.71mg (13.55%), Potassium: 465.68mg (13.31%), Vitamin B6: 0.26mg (13.25%), Vitamin B5: 1.17mg (11.74%), Calcium: 99.62mg (9.96%), Vitamin E: 0.97mg (6.46%), Vitamin K: 6.23µg (5.93%), Vitamin A: 264.33IU (5.29%), Vitamin C: 2.78mg (3.37%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.29µg (1.96%)