



Meatless Loaf

READY IN



90 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings allspice
- 1 teaspoon apple cider vinegar
- 12 baby carrots chopped
- 12 ounces beef (I prefer Quorn brand crumbles)
- 0.3 cup beef broth (I use Edward & Sons "not-beef" bullion cubes, veggie broth could easily work)
- 0.3 cup beef broth
- 2 slices bread crumbled finely (practically to a powder)
- 0.3 cup brown sugar
- 1 pinch brown sugar

- 3 celery chopped
- 4 servings cinnamon
- 2 eggs
- 4 servings garlic powder
- 0.3 cup catsup
- 4 servings marjoram
- 1 loaf suya seasoning mix bought (I a 1.5 oz Kroger brand packet)
- 0.3 cup milk
- 1 tablespoon olive oil (an estimation, I just eyeballed it)
- 2 tablespoons olive oil
- 5 oregano chopped
- 4 servings bell pepper
- 4 servings pepper red
- 1 dash salt
- 2 tablespoons spicy brown mustard
- 3 ounces tomato paste
- 0.5 onion yellow chopped finely

Equipment

- frying pan
- oven
- loaf pan
- aluminum foil
- spatula

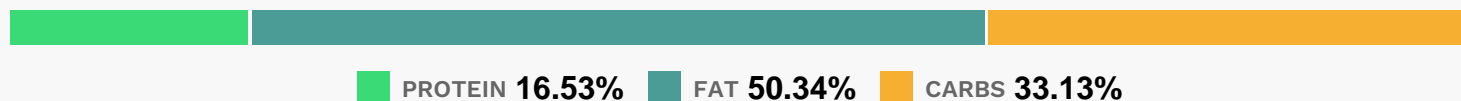
Directions

- Preheat oven for 375 degrees
- Once you've powdered the bread, work in milk, then eggs, then tomato paste, 1tb olive oil, then meat loaf flavor packet. Once the mix has reached an even consistency add the

defrosted ground beef substitute. Once the "beef" is incorporated, add the 1/4 cup of beef broth.

- Saute the onion, carrots and celery in a frying pan until they've softened to your preferred consistency for recipes like stews.
- Add garlic powder, marjoram, salt, pepper, oregano, red pepper flakes, allspice, cinnamon all to taste (about a dash or two of each). Finally, to the now seasoned veggies add 1 tsp apple cider vinegar before incorporating them into the beef/bread/egg mixture.
- Add the 1/4 cup brown sugar to the now combined vegetables and "beef" mixture, mix well and spatula into a greased 4" by 8" loaf pan.
- Combine the glaze ingredients (broth, mustard, ketchup, brown sugar).
- Pour over the loaf, cover with tin foil.
- Bake for 45 minute.
- Remove foil.
- Bake another 15 min or until you achieve the consistency you desire. Allow to cool. Dig in! Pairs well with green beans and garlic bread!

Nutrition Facts



Properties

Glycemic Index: 84.92, Glycemic Load: 6.86, Inflammation Score: -10, Nutrition Score: 34.64347814477%

Flavonoids

Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 555.33kcal (27.77%), Fat: 32.06g (49.32%), Saturated Fat: 9.31g (58.21%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 39.22g (14.26%), Sugar: 28.06g (31.18%), Cholesterol: 144.05mg (48.02%), Sodium: 823.84mg (35.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.69g (47.38%), Vitamin A: 7891.02IU (157.82%), Vitamin C: 104.69mg (126.9%), Manganese: 1.06mg (53.09%), Vitamin K: 45.39µg (43.23%), Selenium: 29.92µg (42.75%), Vitamin B6: 0.84mg (42.01%), Vitamin E: 5.74mg (38.26%), Vitamin B3: 7.11mg (35.55%), Iron: 6.39mg (35.5%), Vitamin B12: 2.12µg (35.38%), Fiber: 8.25g (32.99%), Zinc: 4.87mg (32.44%), Phosphorus: 312.62mg

(31.26%), Potassium: 1078.53mg (30.82%), Vitamin B2: 0.49mg (28.9%), Folate: 98.44µg (24.61%), Calcium: 202.64mg (20.26%), Magnesium: 73.79mg (18.45%), Copper: 0.32mg (16.15%), Vitamin B5: 1.53mg (15.32%), Vitamin B1: 0.23mg (15.21%), Vitamin D: 0.69µg (4.62%)