



Meatless Meatloaf

READY IN



85 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby carrots
- ☐ 1 cup bread crumbs
- ☐ 14.5 ounce canned tomatoes crushed canned
- ☐ 2 stalks celery sliced
- ☐ 1 eggs
- ☐ 12 ounce extra tofu firm
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon parmesan cheese grated

- ☐ 1 onion red chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup sharp cheddar cheese
- ☐ 1 tomatoes chopped

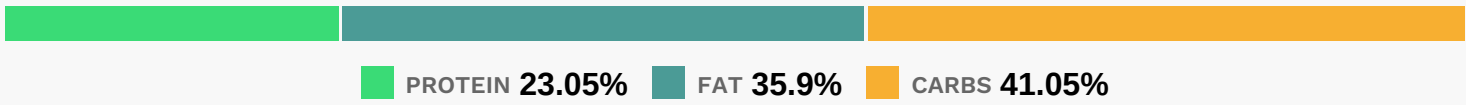
Equipment

- ☐ food processor
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 8x4 inch loaf pan.
- ☐ Place the onion, celery, fresh tomato, garlic, carrots, and salt and pepper into a food processor. Process until the vegetables have been pureed.
- ☐ Add the egg, tofu, and Parmesan cheese; process. Finally, pour in the bread crumbs, and process until evenly incorporated and the mixture is firmer. Pack the mixture into the prepared loaf pan.
- ☐ Bake in the preheated oven for 50 minutes, then top with the Cheddar cheese and canned crushed tomatoes. Continue baking until the cheese melts and the crushed tomatoes are hot, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:23.946521748667%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg,

Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 356.59kcal (17.83%), Fat: 14.52g (22.34%), Saturated Fat: 6.63g (41.42%), Carbohydrates: 37.36g (12.45%), Net Carbohydrates: 31.87g (11.59%), Sugar: 10.96g (12.17%), Cholesterol: 70.26mg (23.42%), Sodium: 1234.45mg (53.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.97%), Vitamin A: 5336.39IU (106.73%), Calcium: 360.58mg (36.06%), Phosphorus: 353.77mg (35.38%), Manganese: 0.67mg (33.65%), Vitamin B1: 0.46mg (30.64%), Selenium: 19.97µg (28.53%), Copper: 0.52mg (26.21%), Iron: 4.44mg (24.67%), Vitamin B2: 0.41mg (24.06%), Potassium: 777.88mg (22.23%), Fiber: 5.5g (21.98%), Vitamin C: 17.62mg (21.36%), Folate: 79.23µg (19.81%), Magnesium: 77.29mg (19.32%), Vitamin K: 20.21µg (19.25%), Vitamin B3: 3.74mg (18.72%), Vitamin B6: 0.36mg (18.07%), Zinc: 2.62mg (17.44%), Vitamin E: 1.87mg (12.48%), Vitamin B5: 0.98mg (9.79%), Vitamin B12: 0.51µg (8.48%), Vitamin D: 0.4µg (2.64%)