



Meatless Meatloaf with Mushroom Gravy

 Vegetarian

READY IN



110 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 6 ounces button mushrooms
- 8 ounces button mushrooms stemmed
- 1 large eggs
- 1 pound japanese eggplants (3)
- 0.3 cup flat-leaf parsley chopped
- 1.5 tablespoons flour all-purpose
- 1 tablespoon sage leaves fresh chopped

- 2 sprigs thyme leaves fresh
- 1 tablespoon thyme leaves fresh chopped
- 2 cloves garlic minced
- 0.3 cup heavy cream
- 1 tablespoon kosher salt
- 6 servings kosher salt
- 1 tablespoon plum brandy
- 1 cup old-fashioned oats
- 0.3 teaspoon chile flakes red
- 1 pound spicy tofu firm
- 2 tablespoons butter unsalted
- 1 cup vegetable broth low sodium homemade canned
- 0.5 cup walnuts
- 1 cup wheat germ

Equipment

- food processor
- bowl
- frying pan
- oven
- loaf pan
- casserole dish
- aluminum foil
- broiler

Directions

- For the loaf: Over a gas burner or under an electric broiler, char the eggplants until the skin is black, turning as needed to cook all sides evenly. Wrap in foil and set aside to steam for 20 minutes.

- Remove from the foil and gently brush the skin off or rinse under warm water.
- Preheat oven to 400 degrees F.
- Pulse the walnuts in a food processor until finely ground.
- Transfer to a large bowl. Pulse the eggplant, tofu, and mushrooms into small pieces.
- Add mixture to the walnuts along with the remaining loaf ingredients.
- Mix together until evenly combined.
- Transfer the mixture into a 1 1/2-quart loaf pan or casserole dish and bake for 1 hour.
- For the gravy: Melt the butter in a skillet over medium-high heat.
- Add the mushrooms and cook, stirring occasionally, about 8 minutes. Season mushrooms with salt and pepper to taste. Scatter the flour over the mushrooms and stir until lightly browned, about 1 minute.
- Add the marsala and broth and bring to a boil, cooking until thickened, about 2 minutes.
- Add the cream and fresh thyme leaves and season with salt and pepper.
- Unmold the meatless loaf, slice, and serve with the mushroom gravy.

Nutrition Facts

PROTEIN 19.24% **FAT 47.19%** **CARBS 33.57%**

Properties

Glycemic Index:78.83, Glycemic Load:6.01, Inflammation Score:-9, Nutrition Score:28.365217631278%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 64.88mg, Delphinidin: 64.88mg, Delphinidin: 64.88mg, Delphinidin: 64.88mg Malvidin: 2.37mg, Malvidin: 2.37mg, Malvidin: 2.37mg, Malvidin: 2.37mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 369.6kcal (18.48%), Fat: 20.3g (31.23%), Saturated Fat: 6.23g (38.92%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 23.91g (8.7%), Sugar: 5.5g (6.11%), Cholesterol: 21.24mg (7.08%), Sodium: 1540.07mg (66.96%), Alcohol: 0.38g (100%), Alcohol %: 0.14% (100%), Protein: 18.62g (37.24%), Manganese: 3.76mg (187.98%), Copper: 3.69mg (184.42%), Vitamin K: 45.1µg (42.95%), Selenium: 28.2µg (40.29%), Vitamin B1: 0.56mg (37.66%), Fiber: 8.57g (34.29%), Phosphorus: 340.85mg (34.08%), Vitamin B2: 0.49mg (28.94%), Magnesium: 104.36mg (26.09%), Folate: 104.35µg (26.09%), Zinc: 3.75mg (25%), Vitamin B6: 0.47mg (23.7%), Vitamin B3: 4.65mg (23.27%), Iron: 4.16mg (23.1%), Potassium: 704.66mg (20.13%), Vitamin B5: 1.92mg (19.16%), Calcium: 155.32mg (15.53%), Vitamin A: 672.37IU (13.45%), Vitamin C: 9.28mg (11.25%), Vitamin E: 0.61mg (4.08%), Vitamin D: 0.36µg (2.41%)