



## Mock Meatloaf

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tbsp basil
- 3 tbsp catsup
- 1 tbsp soya sauce low sodium
- 0.3 cup plant-based milk
- 1 small onion diced
- 1 cup bread crumbs whole wheat
- 2 tbsp mustard yellow
- 1 package gimme ) lean (beef-style

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## Equipment

frying pan

oven

loaf pan

aluminum foil

## Directions

Preheat oven to 350F.

Place a large sheet of foil in a standard bread pan, enough to make a tent over top.

Mix 3/4 cup bread crumbs with other ingredients.

Add remaining 1/4 cup bread crumbs for a firmer meatloaf.

Place meatloaf into pan, smothering the top with extra ketchup if desired.

Bake for 1 hour and 30 minutes, or until the outside is brown and the inside is firm and no-longer loose (it may be done in an hour if you have a particularly hot oven or dark pan).

Serve with whipped mashed potatoes and brown gravy. Nutritional Information

Amount Per Serving

Calories

Fat

80g

Carbohydrate

30gDietary Fiber3.50gSugars4.60gProtein12.40g

## Nutrition Facts



PROTEIN 11.76%  FAT 10.53%  CARBS 77.71%

## Properties

Glycemic Index:13.92, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.2969565197178%

## Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## Nutrients (% of daily need)

Calories: 39.53kcal (1.98%), Fat: 0.56g (0.87%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 8.23g (2.99%), Sugar: 1.74g (1.93%), Cholesterol: 0.61mg (0.2%), Sodium: 164.23mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Fiber: 1.14g (4.54%), Iron: 0.73mg (4.06%), Vitamin C: 2.51mg (3.04%), Vitamin K: 2.38µg (2.27%), Manganese: 0.03mg (1.7%), Selenium: 1.01µg (1.45%), Phosphorus: 13.14mg (1.31%), Vitamin B2: 0.02mg (1.23%), Vitamin A: 59.62IU (1.19%), Calcium: 11.14mg (1.11%), Potassium: 38.08mg (1.09%), Vitamin B6: 0.02mg (1.07%), Magnesium: 4.2mg (1.05%)