



Really Good Vegetarian Meatloaf (Really!)



Vegetarian



Gluten Free



Popular

READY IN



85 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup processed cheese food grated
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 1 eggs beaten
- ☐ 1 teaspoon garlic powder
- ☐ 1 cup lentils
- ☐ 1 small onion diced

- ☐ 1 cup quick-cooking oats
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon seasoning salt
- ☐ 4.5 ounces spaghetti sauce
- ☐ 2 cups water

Equipment

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

Directions

- ☐ Add salt to water and boil in a saucepan.2
- ☐ Add lentils and simmer covered 25–30 minutes, until lentils are soft and most of water is evaporated.3
- ☐ Remove from fire.4
- ☐ Drain and partially mash lentils.5
- ☐ Scrape into mixing bowl and allow to cool slightly.6 Stir in onion, oats and cheese until mixed.7
- ☐ Add egg, tomato sauce, garlic, basil, parsley, seasoning salt and pepper.8
- ☐ Mix well.9 Spoon into loaf pan that has been generously sprayed with Pam (non-stick cooking spray) or well-greased.10 Smooth top with back of spoon.11
- ☐ Bake at 350 degrees for 30– 45 minutes until top of loaf is dry, firm and golden brown.12 Cool in pan on rack for about 10 minutes.13 Run a sharp knife around edges of pan then turn out loaf onto serving platter.

Nutrition Facts



 **PROTEIN 24.03%**  **FAT 24.9%**  **CARBS 51.07%**

Properties

Glycemic Index:56.4, Glycemic Load:12.32, Inflammation Score:-8, Nutrition Score:25.776521765667%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg, Isorhamnetin: 2.53mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 366.31kcal (18.32%), Fat: 10.31g (15.86%), Saturated Fat: 4.75g (29.68%), Carbohydrates: 47.58g (15.86%), Net Carbohydrates: 29.93g (10.88%), Sugar: 3.31g (3.68%), Cholesterol: 62.11mg (20.7%), Sodium: 1190.44mg (51.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.77%), Manganese: 1.67mg (83.55%), Fiber: 17.65g (70.59%), Folate: 254.27µg (63.57%), Phosphorus: 447.99mg (44.8%), Vitamin B1: 0.56mg (37.29%), Magnesium: 132.64mg (33.16%), Iron: 5.53mg (30.7%), Selenium: 20.79µg (29.7%), Zinc: 4.05mg (26.97%), Calcium: 217.39mg (21.74%), Copper: 0.42mg (20.85%), Potassium: 713.51mg (20.39%), Vitamin B6: 0.39mg (19.28%), Vitamin B2: 0.31mg (18.29%), Vitamin B5: 1.56mg (15.62%), Vitamin K: 15.84µg (15.09%), Vitamin B3: 1.84mg (9.21%), Vitamin A: 441.11IU (8.82%), Vitamin E: 1.19mg (7.95%), Vitamin C: 6.28mg (7.61%), Vitamin B12: 0.32µg (5.37%), Vitamin D: 0.35µg (2.31%)