



## Sage and Onion "Roast"



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.3 cups breadcrumbs dried
- ☐ 2 stalks celery finely chopped
- ☐ 0.8 cup honey cooked peeled chopped
- ☐ 3 large eggs free-range beaten
- ☐ 3 tablespoons sage fresh chopped
- ☐ 3 tablespoons olive oil light
- ☐ 2 medium onion finely chopped
- ☐ 0.3 cup pinenuts lightly toasted (no oil needed)

- ☐ 4 servings salt and pepper black to taste
- ☐ 0.8 cup vegetable stock
- ☐ 3 vegetable burger crumbles crumbled cooked
- ☐ 0.3 cup walnut halves chopped

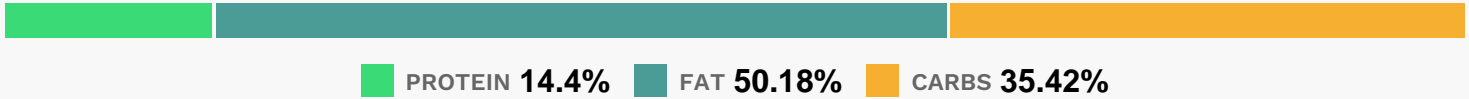
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

## Directions

- ☐ Preheat the oven to 375°F. Line a 9 inch loaf pan (about 4 inches deep) with parchment paper.
- ☐ In a large frying pan over medium heat, heat the olive oil and gently saute the chopped onions and celery for about 5–10 minutes. Stir in the pine nuts, walnuts, chestnuts, chopped sage, and the crumbled veggie burgers.
- ☐ Saute for a minute or two until heated through. Now add the breadcrumbs and cook for another 8–10 minutes.
- ☐ Stir in the vegetable stock and cook for a couple of minutes.
- ☐ Transfer the mixture to a large mixing bowl and let cool for a couple of minutes. Then stir in the beaten eggs, season with salt and plenty of black pepper, and mix together well.
- ☐ Spoon the mixture into the lined loaf pan and press it down evenly.
- ☐ Bake the terrine in the middle of the oven for 30 minutes.
- ☐ Remove it from the oven and turn it upside down onto a non-stick baking sheet, peeling away the parchment. Put it back in the oven to bake for 30 more minutes, until the outside is crisp and golden. Slice and serve.
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# Nutrition Facts



## Properties

Glycemic Index:52.5, Glycemic Load:9.59, Inflammation Score:-8, Nutrition Score:33.503912884256%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg

## Nutrients (% of daily need)

Calories: 598.26kcal (29.91%), Fat: 33.87g (52.1%), Saturated Fat: 5.15g (32.22%), Carbohydrates: 53.78g (17.93%), Net Carbohydrates: 47.05g (17.11%), Sugar: 6.43g (7.14%), Cholesterol: 142.13mg (47.38%), Sodium: 988.65mg (42.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.73%), Copper: 14.3mg (715.15%), Manganese: 2.77mg (138.65%), Vitamin B1: 1.89mg (125.88%), Selenium: 32.79µg (46.85%), Folate: 165.42µg (41.35%), Phosphorus: 369.11mg (36.91%), Iron: 5.43mg (30.16%), Vitamin B2: 0.51mg (30.1%), Magnesium: 115.46mg (28.86%), Fiber: 6.74g (26.95%), Vitamin B3: 5.26mg (26.31%), Vitamin B12: 1.51µg (25.12%), Vitamin B6: 0.5mg (25.09%), Vitamin K: 23.27µg (22.16%), Calcium: 220.99mg (22.1%), Vitamin C: 18.05mg (21.88%), Vitamin E: 3.24mg (21.58%), Zinc: 3mg (19.98%), Potassium: 684.29mg (19.55%), Vitamin B5: 1.25mg (12.48%), Vitamin A: 407.84IU (8.16%), Vitamin D: 0.75µg (5%)