



Thanksgiving Meatless Loaf

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 15 ounce cannellini beans white drained and rinsed canned (or other beans)
- 1 medium carrots
- 2 ribs celery
- 2 tablespoons coconut aminos gluten-free
- 0.5 tablespoon rosemary dried crushed
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced

- 14 ounces turtle beans white canned (one 14 to 16-ounce package)
- 2 tablespoons nutritional yeast
- 1 medium onion
- 0.8 cup quinoa flakes quick
- 0.5 tablespoon rubbed sage
- 1.5 teaspoon salt to taste (or)
- 1 teaspoon paprika smoked
- 1 medium sweet potatoes and into
- 1 tablespoon thyme leaves
- 2 tablespoons tomato paste
- 0.5 cup walnut pieces chopped
- 1 tablespoon coarse mustard prepared

Equipment

- food processor
- frying pan
- baking sheet
- paper towels
- baking paper
- oven
- mixing bowl
- aluminum foil
- microwave
- spatula
- slotted spoon

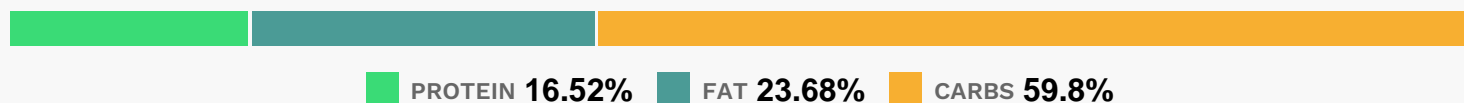
Directions

- Wash a medium sweet potato (about 7 ounces), pierce it several times with a fork, wrap it in a paper towel, and microwave until done, 4-5 minutes. (Alternately, bake or steam the sweet

potato.) Allow to cool enough to handle and then peel and set aside. Mince the onion, celery, and carrot. You can do this quickly by cutting each vegetable in quarters and then pulsing in a food processor until finely chopped.

- Heat a large, non-stick skillet.
- Add the minced vegetables, including garlic, and cook, stirring regularly, until they become tender, about 6–10 minutes.
- Add water by the teaspoon if necessary to keep the vegetables from sticking or becoming dry. Once they're softened, add the drained beans and mash them lightly with a slotted spoon or spatula.
- Place the peeled sweet potato into the food processor along with the tofu, soy sauce, and all seasonings, including nutritional yeast. Process until fairly smooth.
- Add the walnuts and pulse a few more times. Scrape the tofu mixture into a large mixing bowl and add the quinoa flakes and the cooked vegetables. Stir well. Preheat oven to 375F. If you have a silicone baking mat (recommended) place it on a baking sheet. Otherwise line the baking sheet with parchment paper or spray with non-stick spray. Spoon the tofu mixture onto the prepared baking surface, using dampened hands to shape it into an oblong or oval loaf about 2 1/2 inches high.
- Bake for 25 minutes or until the top is evenly browned. Loosely cover with aluminum foil and cook for 20 more minutes. Check to make sure that the center is firm; if not, give it a little extra time. (You can also remove the foil and cook for 5 more minutes for a crunchier crust.)
- Serve alone or with Mushroom Gravy on the side.

Nutrition Facts



Properties

Glycemic Index:67.48, Glycemic Load:7.29, Inflammation Score:-10, Nutrition Score:18.062608905461%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 217.15kcal (10.86%), Fat: 5.91g (9.1%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 26.66g (9.69%), Sugar: 3.73g (4.15%), Cholesterol: 0mg (0%), Sodium: 610.22mg (26.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.56%), Vitamin A: 5725.32IU (114.51%), Vitamin K: 40.03µg (38.13%), Manganese: 0.71mg (35.65%), Fiber: 6.94g (27.75%), Folate: 106.85µg (26.71%), Vitamin C: 18.1mg (21.94%), Iron: 3.68mg (20.45%), Vitamin B2: 0.32mg (18.77%), Potassium: 652.52mg (18.64%), Copper: 0.36mg (18.03%), Phosphorus: 175.17mg (17.52%), Magnesium: 69.1mg (17.27%), Vitamin B6: 0.21mg (10.39%), Calcium: 101.62mg (10.16%), Zinc: 1.26mg (8.43%), Vitamin B1: 0.12mg (8.23%), Vitamin E: 0.9mg (6.01%), Vitamin B5: 0.46mg (4.63%), Selenium: 2.49µg (3.55%), Vitamin B3: 0.64mg (3.18%)