

Tofu-and-Meat Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bread
- ☐ 1 celery stalk finely chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 2 eggs lightly beaten
- ☐ 14 ounce extra-firm tofu drained
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ginger minced
- ☐ 0.5 pound ground beef

- ☐ 0.5 pound pd of ground turkey
- ☐ 2 tablespoons hoisin sauce
- ☐ 3 tablespoons catsup
- ☐ 0.5 tablespoon brown sugar light
- ☐ 0.5 onion finely chopped
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 2 tablespoons soya sauce

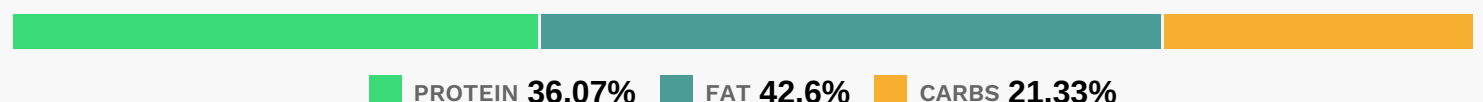
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ loaf pan

Directions

- ☐ A day in advance, crumble the tofu into a plastic container. Freeze overnight or for up to 4 hours. Thaw the tofu and pat it dry with a paper towel before using.
- ☐ Preheat oven to 350°F. In a small bowl, whisk together the topping ingredients.
- ☐ In a large bowl, break up the tofu with your hands.
- ☐ Add the remaining loaf ingredients and combine well. Pat the mixture into a 9-by-5-inch loaf pan.
- ☐ Bake for 45 minutes.
- ☐ Remove the loaf and brush it with the topping, then return it to the oven and bake for 15 minutes more.
- ☐ Remove and let the loaf cool for 5 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:28.08, Glycemic Load:3.01, Inflammation Score:-2, Nutrition Score:8.8791303686474%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 214.48kcal (10.72%), Fat: 10.14g (15.59%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 10.23g (3.72%), Sugar: 4.21g (4.68%), Cholesterol: 76.76mg (25.59%), Sodium: 483.67mg (21.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.62%), Selenium: 17.6µg (25.15%), Vitamin B3: 4.88mg (24.4%), Vitamin B6: 0.4mg (20.07%), Phosphorus: 157.64mg (15.76%), Vitamin B12: 0.85µg (14.15%), Zinc: 2.01mg (13.37%), Iron: 2.16mg (12%), Vitamin B2: 0.18mg (10.43%), Manganese: 0.19mg (9.7%), Calcium: 94.39mg (9.44%), Vitamin B5: 0.69mg (6.87%), Potassium: 238.24mg (6.81%), Magnesium: 23.86mg (5.97%), Vitamin B1: 0.09mg (5.82%), Folate: 22.22µg (5.56%), Fiber: 1.2g (4.78%), Copper: 0.08mg (3.98%), Vitamin E: 0.4mg (2.64%), Vitamin D: 0.36µg (2.41%), Vitamin A: 117.63IU (2.35%), Vitamin K: 1.51µg (1.44%), Vitamin C: 0.93mg (1.12%)