

Vegan Lentil Loaf



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apple sauce
- ☐ 1 cup breadcrumbs
- ☐ 1 cup brown lentils uncooked
- ☐ 2 tablespoons brown sugar
- ☐ 1 cup carrots grated
- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup cilantro leaves fresh finely chopped

- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground thyme
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 0.5 cup pistachios finely chopped
- ☐ 1 cup bell pepper red finely chopped
- ☐ 8 servings salt and pepper to taste
- ☐ 3 cups vegetable broth

Equipment

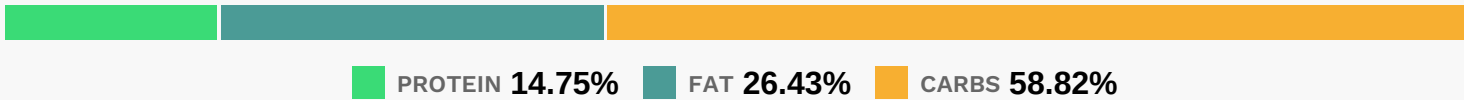
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ pot
- ☐ loaf pan
- ☐ potato masher

Directions

- ☐ Wash the lentils and place into a pot along with the vegetable broth. Bring to a boil, then reduce heat to medium-low and simmer, for about 40 minutes.
- ☐ Add more broth or water if necessary
- ☐ Meanwhile, warm the oil in a pan.
- ☐ Add the onions and cook for about 4 minutes or until soft.

- ☐
- Add the carrots, bell pepper and garlic. Cook for about 3 minutes more. Set aside. When the lentils are ready mash them slightly with a potato masher or a fork. Preheat the oven to 350°F. In a large bowl, mix the onion mixture, mashed lentils, apple sauce, cranberries, pistachios, bread crumbs, cilantro, chili powder, cumin, thyme, salt and pepper. Line a loaf pan with parchment paper.
- ☐
- Transfer the mixture to the loaf pan and press mixture into the pan with a spoon.
- ☐
- Mix the glaze ingredients in a small bowl and spread evenly over the top.
- ☐
- Bake for about 45 minutes.
- ☐
- Transfer the pan to a wire rack and let the loaf cool a bit. Run a table knife around the edge of the pan and turn the loaf out onto a serving plate.

Nutrition Facts



Properties

Glycemic Index:32.55, Glycemic Load:3.76, Inflammation Score:-10, Nutrition Score:18.276521664599%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 270.92kcal (13.55%), Fat: 8.19g (12.59%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 41g (13.67%), Net Carbohydrates: 30.68g (11.16%), Sugar: 12.8g (14.22%), Cholesterol: 0mg (0%), Sodium: 696.15mg (30.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.56%), Vitamin A: 3562.14IU (71.24%), Fiber: 10.31g (41.26%), Folate: 149.76µg (37.44%), Vitamin C: 28.48mg (34.52%), Manganese: 0.66mg (32.83%), Vitamin B1: 0.44mg (29.51%), Vitamin B6: 0.4mg (20.19%), Phosphorus: 189.01mg (18.9%), Iron: 3.22mg (17.87%), Copper: 0.29mg (14.64%), Potassium: 485.09mg (13.86%), Magnesium: 52.72mg (13.18%), Zinc: 1.67mg (11.15%), Vitamin B3: 2.1mg (10.5%), Vitamin K: 10.53µg (10.03%), Vitamin E: 1.43mg (9.51%), Vitamin B2: 0.16mg (9.41%), Selenium: 6.36µg

(9.08%), Vitamin B5: 0.78mg (7.84%), Calcium: 66.14mg (6.61%)