



Vegetable "Meat" Loaf

READY IN



107 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup asparagus pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 pounds cremini mushrooms coarsely chopped
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 teaspoon dijon mustard
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 large bell pepper green
- ☐ 1 tablespoon catsup

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- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 4 ounces parmigiano-reggiano cheese fresh grated
- ☐ 1 large bell pepper red
- ☐ 0.5 cup onion red chopped
- ☐ 1 tablespoon vegetable broth
- ☐ 1 cup walnuts toasted chopped

Equipment

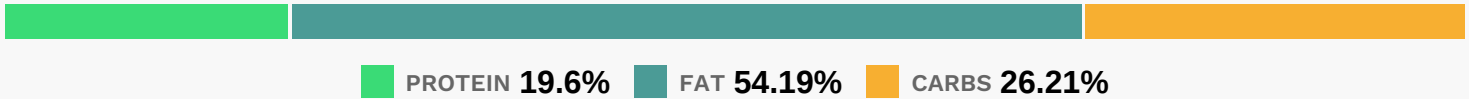
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ To prepare meat loaf, cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 12 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand for 10 minutes. Peel and finely chop.

- ☐ Place bell peppers in a large bowl.
- ☐ Reduce oven temperature to 35
- ☐ Place about one-fourth of mushrooms in a food processor; pulse 10 times or until finely chopped.
- ☐ Transfer chopped mushrooms to a bowl. Repeat procedure 3 times with remaining mushrooms.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add mushrooms to pan; saut 15 minutes or until liquid evaporates, stirring occasionally.
- ☐ Add mushrooms to bell peppers. Wipe pan with paper towels.
- ☐ Add asparagus and onion to pan; saut 6 minutes or until just tender, stirring occasionally.
- ☐ Add onion mixture to mushroom mixture.
- ☐ Arrange breadcrumbs in an even layer on a baking sheet; bake at 350 for 10 minutes or until golden.
- ☐ Add breadcrumbs and the next 8 ingredients (through eggs) to mushroom mixture, stirring well. Spoon mixture into a 9 x 5-inch loaf pan coated with cooking spray; press gently to pack.
- ☐ Bake at 350 for 45 minutes or until a thermometer registers 15
- ☐ To prepare topping, combine 2 tablespoons ketchup and remaining ingredients in a small bowl; brush ketchup mixture over meat loaf.
- ☐ Bake an additional 10 minutes.
- ☐ Let stand 10 minutes; cut into 6 slices.

Nutrition Facts



Properties

Glycemic Index:59.83, Glycemic Load:1.31, Inflammation Score:-9, Nutrition Score:31.493912873061%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 350.12kcal (17.51%), Fat: 22.42g (34.49%), Saturated Fat: 5.33g (33.34%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 19.88g (7.23%), Sugar: 8.37g (9.3%), Cholesterol: 74.85mg (24.95%), Sodium: 695.37mg (30.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.48%), Selenium: 53.18µg (75.97%), Vitamin C: 59.89mg (72.59%), Vitamin B2: 1.03mg (60.54%), Copper: 1.19mg (59.59%), Manganese: 1.14mg (56.92%), Phosphorus: 461.34mg (46.13%), Vitamin B3: 7.44mg (37.22%), Calcium: 314.65mg (31.46%), Vitamin B5: 2.98mg (29.77%), Potassium: 1020.32mg (29.15%), Vitamin A: 1448.17IU (28.96%), Folate: 107.45µg (26.86%), Vitamin B1: 0.39mg (26.17%), Vitamin B6: 0.52mg (25.99%), Zinc: 3.42mg (22.8%), Fiber: 4.52g (18.07%), Vitamin K: 18.95µg (18.05%), Magnesium: 71.7mg (17.92%), Iron: 2.91mg (16.18%), Vitamin E: 1.62mg (10.8%), Vitamin B12: 0.56µg (9.36%), Vitamin D: 0.58µg (3.86%)