

Vegetarian Meatloaf

READY IN



80 min.

SERVINGS



8

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce barbeque sauce
- 0.5 cup bread crumbs soft
- 0.3 teaspoon basil dried
- 0.3 teaspoon thyme leaves dried
- 1 eggs beaten
- 1 clove garlic minced
- 1 bell pepper green chopped
- 0.3 cup onion minced
- 3 tablespoons parmesan cheese

- 0.3 teaspoon parsley flakes
- 8 servings salt and pepper to taste
- 12 ounce vegetarian burger crumbles

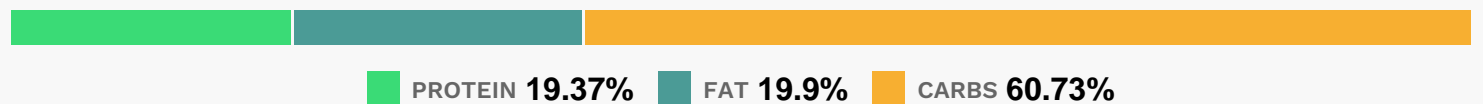
Equipment

- bowl
- oven
- loaf pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 5x9 inch loaf pan.
- In a bowl, mix 1/2 the barbeque sauce with the vegetarian burger crumbles, green bell pepper, onion, garlic, bread crumbs, Parmesan cheese, and egg. Season with thyme, basil, parsley, salt, and pepper.
- Transfer to the loaf pan.
- Bake 45 minutes in the preheated oven.
- Pour remaining barbeque sauce over the loaf, and continue baking 15 minutes, or until loaf is set.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:1.51, Inflammation Score:-5, Nutrition Score:13.510869661103%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg 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: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 196.66kcal (9.83%), Fat: 4.35g (6.69%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 26.69g (9.71%), Sugar: 15.67g (17.41%), Cholesterol: 23.86mg (7.95%), Sodium: 961.84mg (41.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.05%), Vitamin B1: 1.22mg (81.16%), Manganese: 0.56mg (28.06%), Selenium: 14.06µg (20.09%), Vitamin C: 14.76mg (17.89%), Folate: 66.47µg (16.62%), Vitamin B12: 0.95µg (15.83%), Phosphorus: 136.79mg (13.68%), Fiber: 3.17g (12.67%), Vitamin B3: 2.39mg (11.95%), Calcium: 114.64mg (11.46%), Vitamin B2: 0.19mg (11.36%), Vitamin B6: 0.23mg (11.33%), Iron: 1.87mg (10.41%), Magnesium: 36.29mg (9.07%), Potassium: 301.28mg (8.61%), Copper: 0.15mg (7.6%), Zinc: 0.87mg (5.79%), Vitamin K: 5.29µg (5.04%), Vitamin A: 203.09IU (4.06%), Vitamin E: 0.57mg (3.79%), Vitamin B5: 0.35mg (3.48%)