



Vegetarian Meatloaf with Vegetables

 Popular

READY IN



110 min.

SERVINGS



10

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 slices bread cubed
- ☐ 8 ounce tomato sauce canned
- ☐ 4 carrots cut into 1 inch pieces
- ☐ 2 eggs beaten
- ☐ 0.5 teaspoon garlic powder
- ☐ 14 ounce vegetarian ground beef
- ☐ 1 teaspoon ground sage
- ☐ 0.3 cup milk

- ☐ 2 teaspoons mustard prepared
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 4 potatoes cubed
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 12 ounce vegetarian burger crumbles
- ☐ 2 tablespoons vegetarian worcestershire sauce

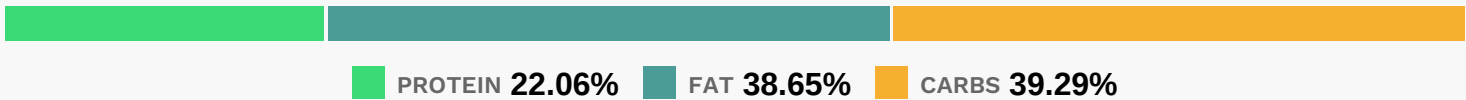
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl combine vegetarian ground beef, vegetarian ground beef crumbles, onion, eggs, Worcestershire sauce, salt, pepper, sage, garlic powder, mustard, oil, bread cubes and milk.
- ☐ Transfer to a 9 x 13 inch baking dish and form into a loaf.
- ☐ Pour tomato sauce on top.
- ☐ Place carrots and potatoes around loaf and spray vegetables with cooking spray.
- ☐ Bake 30 to 45 minutes; turn vegetables.
- ☐ Bake another 30 to 45 minutes.
- ☐ Let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:40.03, Glycemic Load:15.97, Inflammation Score:-10, Nutrition Score:23.295652524285%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 306.74kcal (15.34%), Fat: 13.23g (20.36%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 25.06g (9.11%), Sugar: 4.8g (5.34%), Cholesterol: 63.59mg (21.2%), Sodium: 699.84mg (30.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17g (33.99%), Vitamin A: 4247.08IU (84.94%), Vitamin B1: 1.07mg (71.12%), Manganese: 0.67mg (33.29%), Vitamin B6: 0.59mg (29.31%), Selenium: 20.19µg (28.84%), Vitamin B12: 1.66µg (27.59%), Vitamin C: 22.63mg (27.43%), Vitamin B3: 4.92mg (24.62%), Phosphorus: 241.34mg (24.13%), Potassium: 810.33mg (23.15%), Fiber: 5.22g (20.88%), Folate: 80.28µg (20.07%), Iron: 3.29mg (18.29%), Zinc: 2.73mg (18.2%), Vitamin B2: 0.28mg (16.62%), Magnesium: 60.07mg (15.02%), Copper: 0.26mg (12.8%), Calcium: 109.56mg (10.96%), Vitamin K: 11.02µg (10.5%), Vitamin B5: 0.95mg (9.51%), Vitamin E: 0.97mg (6.5%), Vitamin D: 0.31µg (2.03%)