



Veggie Meatloaf



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



363 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup lentils cooked



1 tablespoon parsley dried



1 eggs beaten



1 cup mushrooms fresh chopped



1 tablespoon garlic powder



1 tablespoon penzey's southwest seasoning italian



0.5 cup catsup



1 onion finely chopped

- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup rice white uncooked
- ☐ 1 tablespoon vegetarian worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a saucepan bring 2 cups water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- ☐ Meanwhile, heat oil in a small skillet over medium heat.
- ☐ Saute onions until tender. Set aside.
- ☐ In a large bowl combine cooked rice, lentils, mushrooms, Worcestershire sauce, salt, pepper, egg, garlic powder, Italian seasoning, parsley and cooked onions; mix well. Press mixture into prepared pan; spread ketchup on top of loaf.
- ☐ Bake in preheated oven for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:39.96, Glycemic Load:24.87, Inflammation Score:-6, Nutrition Score:15.379130487857%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.03mg, Isorhamnetin: 3.03mg, Isorhamnetin: 3.03mg, Isorhamnetin:

3.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 363.32kcal (18.17%), Fat: 8.57g (13.19%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 61.98g (20.66%), Net Carbohydrates: 55.82g (20.3%), Sugar: 9.58g (10.64%), Cholesterol: 40.92mg (13.64%), Sodium: 546.14mg (23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.16%), Manganese: 0.96mg (47.94%), Folate: 115.61µg (28.9%), Vitamin K: 29.06µg (27.67%), Fiber: 6.15g (24.62%), Phosphorus: 215.34mg (21.53%), Selenium: 14.95µg (21.36%), Iron: 3.41mg (18.92%), Copper: 0.38mg (18.88%), Vitamin B2: 0.29mg (17.04%), Vitamin B6: 0.34mg (16.93%), Potassium: 538.86mg (15.4%), Vitamin B5: 1.39mg (13.92%), Vitamin B3: 2.75mg (13.77%), Magnesium: 46.99mg (11.75%), Vitamin B1: 0.17mg (11.38%), Zinc: 1.63mg (10.84%), Vitamin E: 1.51mg (10.09%), Calcium: 71.97mg (7.2%), Vitamin C: 5.74mg (6.96%), Vitamin A: 252.13IU (5.04%), Vitamin D: 0.27µg (1.79%), Vitamin B12: 0.11µg (1.79%)