



Veggie Meatloaf with Mushrooms and Sun-Dried Tomatoes

 Vegetarian

READY IN



90 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces baby spinach leaves for serving
- 1 cup breadcrumbs plus more for coating ramekins
- 2 tablespoons butter at room temperature
- 4 ounces cheddar grated
- 1 pound mix of portobello and cremini mushrooms trimmed finely chopped
- 2 eggs
- 2 cloves garlic minced

- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil
- 4 ounces sun-dried tomatoes
- 1 cup warm water
- 1 onion diced yellow

Equipment

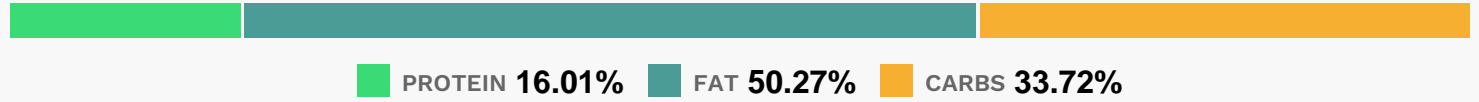
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- ramekin

Directions

- Preheat the oven to 350 degrees F. Butter 4 (8-ounce) ramekins and lightly coat with breadcrumbs.
- Soak the sun-dried tomatoes in the water until soft.
- Remove the tomatoes and coarsely chop. In a large bowl, whisk together the eggs and soaking water, and add the breadcrumbs. Set aside.
- Heat a large skillet over medium-high heat, add the olive oil, followed by the onions. Cook until brown, stirring frequently, about 10 minutes.
- Add the garlic, mushrooms, and sun-dried tomatoes and cook until the liquid from the mushrooms has evaporated, about 15 minutes. Stir in 1 1/2 teaspoons salt and 1 teaspoon pepper.
- Transfer the vegetables to a large bowl to cool.
- Add the breadcrumb mixture and the grated cheese to the vegetables and mix well with your hands. Evenly distribute the mixture among the coated ramekins.
- Place on a baking sheet and bake for 30 minutes.

- Let cool slightly, then run a knife around the edges of the ramekins.
- Toss the spinach in a hot skillet just until wilted and divide among 4 serving plates. Invert the meatloaf onto the spinach.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:4.85, Inflammation Score:-10, Nutrition Score:43.959999727166%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 521.15kcal (26.06%), Fat: 30.55g (47%), Saturated Fat: 11.69g (73.05%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 38.98g (14.17%), Sugar: 15.88g (17.65%), Cholesterol: 125.24mg (41.75%), Sodium: 739.54mg (32.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.79%), Vitamin K: 295.52µg (281.45%), Vitamin A: 6142.92IU (122.86%), Selenium: 53.61µg (76.59%), Manganese: 1.51mg (75.56%), Vitamin B2: 1.15mg (67.49%), Copper: 1.16mg (58.11%), Potassium: 1949.89mg (55.71%), Folate: 208.29µg (52.07%), Phosphorus: 494.69mg (49.47%), Vitamin B3: 9.15mg (45.77%), Vitamin B1: 0.6mg (39.72%), Calcium: 382.61mg (38.26%), Vitamin C: 29.55mg (35.82%), Iron: 6.45mg (35.81%), Magnesium: 135.76mg (33.94%), Vitamin B5: 2.98mg (29.83%), Fiber: 7.13g (28.52%), Zinc: 3.9mg (26.03%), Vitamin B6: 0.47mg (23.54%), Vitamin E: 3.31mg (22.08%), Vitamin B12: 0.72µg (11.94%), Vitamin D: 0.72µg (4.82%)