



Veronica's Veggie Meatloaf with Checca Sauce

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups baby spinach leaves fresh
- 1 pinch pepper black freshly ground
- 1 teaspoon pepper black freshly ground
- 2 tablespoons butter divided
- 0.5 cup carrots shredded
- 1 rib celery sliced
- 1 pint cherry tomatoes halved (2 cups,)
- 0.5 cup corn kernels frozen

- 2 eggs lightly beaten
- 0.3 cup basil leaves fresh chopped
- 8 basil leaves fresh
- 3 cloves garlic chopped
- 5 ounces lentils
- 3 tablespoons olive oil
- 0.3 cup parmesan cheese freshly grated
- 0.5 teaspoon salt
- 1 pinch salt
- 3 scallions white green coarsely chopped (and pale parts only)
- 1 cup short-grain brown rice rinsed uncooked well
- 1.5 cups milk mozzarella cheese whole divided cubed (8 ounces total)
- 1 tomatoes sliced
- 3 cups vegetable broth reduced-sodium
- 0.5 cup onion white finely chopped

Equipment

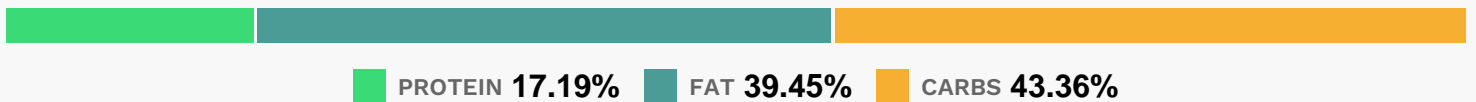
- bowl
- frying pan
- sauce pan
- oven
- loaf pan

Directions

- Combine the cherry tomatoes, scallions, garlic, basil, and oil in a processor. Pulse the tomatoes until they are coarsely chopped, being careful not to puree. Set aside. Season the sauce with salt and pepper.
- Place the lentils in a large saucepan of cold water. Bring the water just to a boil over high heat. Carefully drain the boiling water and rinse the lentils. Meanwhile, in a heavy large saucepan over medium heat, bring the broth to a boil.

- Add the rice and return the liquid to a boil. Decrease the heat to low, cover the rice, and gently simmer without stirring for 10 minutes. Stir in the lentils, onion, carrot, and celery. Cover and continue cooking without stirring until the rice and lentils are tender and the liquid is absorbed, about 30 minutes longer. Turn off the heat.
- Sprinkle the corn over the rice and lentils and let stand, covered, for 5 minutes. Uncover and fluff the rice with a fork. Cover and let stand for 5 more minutes.
- Meanwhile, preheat the oven to 350 degrees F.
- Spread 1 tablespoon of the butter over a 10 by 4 1/2 by 3-inch loaf pan. In a heavy, large skillet, cook the spinach over medium heat until the spinach wilts, about 3 minutes.
- Drain and squeeze the excess liquid from the spinach.
- Transfer the spinach to a work surface and coarsely chop.
- In a large bowl, gently mix the lentil mixture, spinach, 1 cup of the mozzarella cheese, eggs, 1/4 cup of Parmesan cheese, basil, salt, pepper, and half of the checca sauce. Spoon the mixture into the prepared pan. Arrange the sliced tomatoes in a row over the lentil mixture.
- Sprinkle with the remaining 1/2 cup of mozzarella cheese and 2 tablespoons of Parmesan cheese. Dot the top with the remaining 1 tablespoon of butter.
- Bake uncovered until the loaf is heated through and the topping is melted and starting to brown, about 30 minutes.
- Let cool for 15 minutes. Slice the loaf into 2-inch slices, arrange on plates, and serve with the remaining checca sauce.

Nutrition Facts



Properties

Glycemic Index:100.36, Glycemic Load:17.34, Inflammation Score:-10, Nutrition Score:33.456521894621%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 476.25kcal (23.81%), Fat: 21.2g (32.62%), Saturated Fat: 8.45g (52.81%), Carbohydrates: 52.44g (17.48%), Net Carbohydrates: 41.26g (15%), Sugar: 5.76g (6.4%), Cholesterol: 90.34mg (30.11%), Sodium: 565.35mg (24.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.79g (41.58%), Vitamin K: 129.18µg (123.03%), Manganese: 2.01mg (100.65%), Vitamin A: 4811.63IU (96.23%), Folate: 196.09µg (49.02%), Fiber: 11.19g (44.75%), Phosphorus: 407.09mg (40.71%), Vitamin C: 31.22mg (37.84%), Magnesium: 118.33mg (29.58%), Vitamin B1: 0.44mg (29.11%), Calcium: 261.47mg (26.15%), Vitamin B6: 0.52mg (25.79%), Iron: 4.26mg (23.67%), Potassium: 802.28mg (22.92%), Zinc: 3.4mg (22.65%), Selenium: 13.76µg (19.65%), Vitamin B2: 0.32mg (18.59%), Copper: 0.36mg (18.18%), Vitamin E: 2.56mg (17.05%), Vitamin B3: 3.1mg (15.52%), Vitamin B5: 1.54mg (15.36%), Vitamin B12: 0.83µg (13.89%), Vitamin D: 0.43µg (2.84%)