

# Vegan Meatloaf – Nut Loaf

Yield: 8 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mary-berry-norwegian-seed-loaf-recipe>

## Ingredients:

- 1 1/4 cups nuts I use a combination of raw or roasted cashews, raw walnuts, raw pecans
- 1/4 cup sunflower seeds
- 2 teaspoons oil or use 1/4 cup broth
- 1 cup chopped onion
- 4 cloves garlic chopped
- 1 cup chopped mushrooms cremini or white or a mix
- 1 cup butternut squash cubed
- 2 teaspoons Italian herbs 1/2 tsp each thyme, ground sage, rosemary, oregano
- 1 teaspoon smoked paprika
- 3/4 teaspoon poultry seasoning poultry seasoning is just herbs,. or use more sage and thyme
- 1/2 teaspoon black pepper
- 1/4 teaspoon canela optional
- 1/4 teaspoon nutmeg optional
- 1/2 teaspoon onion powder
- 3/4 teaspoon salt less or more depending on if the breadcrumbs are already salty, if using regular or low sodium soy sauce etc
- 2 tablespoons soy sauce or tamari for gf, or use a combination of balsamic vinegar and coconut aminos for soyfree
- 2 eggs flax, mix 2 tbsp flaxseed meal mixed with 5 tbsp water
- 2/3 cup breadcrumbs use glutenfree breadcrumbs or coarsely ground oats for glutenfree
- 1/4 cup ketchup
- 1 1/2 tablespoons soy sauce or tamari , or use 1/4 tsp salt plus 1 tbsp broth for soyfree
- 1 tablespoon maple syrup
- 2 teaspoons apple cider vinegar
- 1/2 teaspoon garlic powder
- 1 teaspoon Sriracha optional

## Nutrition:

1. Calories: 250 calories

2. Carbohydrate: 20 grams
  3. Cholesterol: 55 milligrams
  4. Fat: 17 grams
  5. Fiber: 4 grams
  6. Protein: 10 grams
  7. SaturatedFat: 1.5 grams
  8. Sodium: 800 milligrams
  9. Sugar: 7 grams
- 

Thank you for visiting our website. Hope you enjoy Vegan Meatloaf – Nut Loaf above. You can see more 20 mary berry norwegian seed loaf recipe Experience culinary bliss now! to get more great cooking ideas.