

Gluten-Free Vegetarian Loaf in BBQ Sauce

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-and-portobello-mushroom-recipe>

Ingredients:

- 2 tablespoons olive oil good
- 5 portabello mushrooms
- 5 leaves Swiss chard spinach or other greens
- 1 roasted red pepper drained
- 1 carrot cut up
- 1 cup cooked brown rice packed
- 1/2 cup almonds
- 1/2 cup pecans or walnuts
- 1 tablespoon Italian herbs or dried basil/thyme/sage
- 1 tablespoon balsamic vinegar
- 1 tablespoon molasses
- 1 teaspoon cumin
- 1 teaspoon curry powder
- 1 free range egg large organic, lightly beaten, or vegan egg substitute
- 1/4 cup maple syrup real
- 1/2 cup ketchup Muir Glen
- 1 tablespoon molasses
- 1 tablespoon apple cider vinegar
- 2 teaspoons gluten-free honey mustard
- 1 pinch minced garlic and onion
- 1/2 teaspoon spicy curry powder
- 1/4 teaspoon ground cloves
- pepper
- sea salt

Nutrition:

1. Calories: 530 calories

2. Carbohydrate: 59 grams
 3. Cholesterol: 55 milligrams
 4. Fat: 31 grams
 5. Fiber: 9 grams
 6. Protein: 13 grams
 7. SaturatedFat: 3 grams
 8. Sodium: 700 milligrams
 9. Sugar: 32 grams
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