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Mini Tempeh Meatloaves ♦

These mini tempeh meatloaves are a delicious vegan alternative to traditional meatloaf. Made with tempeh, a fermented soybean product, and flavored with herbs and spices, these mini meatloaves are packed with protein and full of flavor. They are perfect for a quick and easy weeknight dinner or for meal prep.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	tempeh
100 g	onion
2 cloves	garlic
50 g	breadcrumbs

20 g	flaxseed meal
100 g	tomato sauce
30 ml	soy sauce
15 ml	worcestershire sauce
2 tsp	dijon mustard
1 tsp	Dried Thyme
1 tsp	Dried Rosemary
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a food processor, combine the tempeh, onion, and garlic. Pulse until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Transfer the tempeh mixture to a mixing bowl. Add the breadcrumbs, flaxseed meal, tomato sauce, soy sauce, Worcestershire sauce, Dijon mustard, dried thyme, dried rosemary, salt, and black pepper. Mix well to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Shaping

Divide the mixture into 4 equal portions. Shape each portion into a mini meatloaf shape.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Place the mini meatloaves on a baking sheet lined with parchment paper. Bake in the preheated oven for 25-30 minutes, or until firm and cooked through.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Course

Breads

Salads

Snacks

Sauces & Dressings

Appetizers

Main Dishes

Desserts

Demographics

Diabetic Friendly

Heart Healthy

Meal Type

Brunch

Supper

Difficulty Level

Medium

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