

Chris's Incredible Italian Turkey Meatloaf

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-turkey-meatloaf>

Ingredients:

- 1 pound sausage casings mild Italian turkey, removed
- 1 pound ground turkey
- 2 eggs beaten
- 1 1/2 cups rolled oats
- 1/2 cup chopped onion
- 1/2 cup milk
- 1 tablespoon worcestershire sauce
- 1 teaspoon italian style seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 2 cups spaghetti sauce
- 5 dashes hot pepper sauce
- 1 tablespoon worcestershire sauce
- 1/2 teaspoon flavoring liquid smoke

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 135 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 21 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 940 milligrams
9. Sugar: 10 grams

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