

Spicy Meatloaf

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 3 pounds ground beef
- 1 pound hot Italian sausage removed from casing
- 1 cup onion finely chopped
- 4 eggs
- 1 1/2 cups plain bread crumbs
- 1 package meat loaf seasoning mix
- 1/3 cup milk
- 3 tablespoons mustard
- 1 teaspoon garlic salt
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- ketchup for topping
- 4 large potatoes cut into 8 pieces each

Nutrition:

1. Calories: 1630 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 530 milligrams
4. Fat: 93 grams
5. Fiber: 9 grams
6. Protein: 100 grams
7. SaturatedFat: 35 grams
8. Sodium: 1910 milligrams
9. Sugar: 10 grams
10. TransFat: 3.5 grams

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