

# Italian Meat Loaf

Yield: 5 min  
Total Time: 50 min

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

## Ingredients:

- 3/4 pound ground beef chuck
- 3/4 pound ground pork
- 1/2 cup pesto
- 1 cup fresh bread crumbs fine
- 2/3 cup oil-packed sun-dried tomatoes chopped
- 1 egg
- 1/2 teaspoon salt

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 140 milligrams
4. Fat: 28 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 10 grams
8. Sodium: 520 milligrams
9. Sugar: 1 grams
10. TransFat: 0.5 grams

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