

# Italian Meatloaf Muffins

Yield: 6 min  
Total Time: 55 min

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

## Ingredients:

- 1 tablespoon olive oil
- 1/2 cup yellow onion finely chopped
- 3 large garlic cloves minced
- 1 cup marinara sauce your favorite, divided, I like to use a spicy marinara
- 1 large egg lightly beaten
- 1/2 cup Italian bread crumbs seasoned
- 2 tablespoons grated Parmesan cheese
- 1/4 cup fresh Italian parsley finely chopped
- 1 tablespoon Dijon mustard
- 1 teaspoon dried oregano
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 pound lean ground beef
- 8 ounces mild Italian sausage or use hot Italian sausage to kick up the flavor
- 4 ounces mozzarella cheese block of, cut into 12 cubes

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 130 milligrams
4. Fat: 26 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 10 grams
8. Sodium: 940 milligrams
9. Sugar: 5 grams

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