

Easy Made Italian Meatloaf

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 3/4 pound ground beef fresh from the butcher or with 15% fat
- 4 1/4 ounces stale bread it is better to use bread with not too much crust
- 1/2 cup grated Parmesan cheese
- 20 leaves parsley flat
- 1 whole egg
- 6 tablespoons whole milk fresh
- 6 slices pancetta or coppa or plain breast
- 2 tablespoons sheep diced, 's cheese, optional
- 1 clove garlic
- 1 lemon peel untreated
- 1 pinch nutmeg
- 1 pinch pepper

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 140 milligrams
4. Fat: 20 grams
5. Protein: 31 grams
6. SaturatedFat: 9 grams
7. Sodium: 660 milligrams
8. Sugar: 1 grams
9. TransFat: 1 grams

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