

Keto Sheet Pan Italian Meatloaf

Yield: 12 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-mild-sausage-and-chicken-recipe>

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1/2 cup onion finely diced
- 1/2 cup green bell pepper finely diced
- 1 tablespoon fresh garlic minced fine
- 2 pounds ground beef 80/20
- 1 pound mild sausage Italian, out of casing
- 3 eggs beaten
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/4 cup freshly grated Parmesan cheese
- 2 cups pizza sauce our Easy No-Cook, made without sugar, or your favorite pizza sauce
- 3 cups shredded mozzarella cheese

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 170 milligrams
4. Fat: 37 grams
5. Protein: 32 grams
6. SaturatedFat: 15 grams
7. Sodium: 1300 milligrams
8. Sugar: 1 grams
9. TransFat: 1.5 grams

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