

Mini Mozzarella Stuffed Italian Meatloaf Low Carb Keto

Yield: 18 min
Total Time: 45 min

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

Ingredients:

- 1 1/2 pounds ground turkey or beef
- 1 medium zucchini grated
- 1 egg
- 1/4 cup asiago cheese grated
- 2 teaspoons garlic powder
- 1 tablespoon dried minced onion
- 1 teaspoon salt
- 8 ounces mozzarella cheese cut into 18 cubes
- 8 ounces pasta sauce no sugar added, such as Classico Tomato & Basil
- 1 1/2 pounds ground turkey or beef
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Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 105 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 6 grams

8. Sodium: 640 milligrams
 9. Sugar: 3 grams
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