

# Italian Meatloaf

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 2 1/2 pounds hamburger 85% lean
- 2 onions medium, 1 sliced 1 diced
- 1 bell pepper small, diced
- 3/4 cup Italian bread crumbs
- 3 eggs
- 1 teaspoon worcestershire sauce
- 2 tablespoons italian seasoning
- 1 teaspoon granulated garlic
- 1 teaspoon onion powder
- 1/4 cup Parmesan
- 1 cup Italian blend shredded cheese 1/4 cup in the meat
- 1 cup marinara sauce
- 1 tablespoon fresh chives for topping-optional
- 1 teaspoon salt
- 1/2 teaspoon ground pepper

## Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 355 milligrams
4. Fat: 51 grams
5. Fiber: 6 grams
6. Protein: 67 grams
7. SaturatedFat: 20 grams
8. Sodium: 1610 milligrams
9. Sugar: 11 grams
10. TransFat: 3 grams

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