

# Italian Sausage Market Meatloaf

Yield: 5 min  
Total Time: 105 min

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

## Ingredients:

- 19 3/4 ounces mild Italian sausage Johnsonville®, decased
- 1 pound ground beef or turkey
- 3/4 cup chili sauce
- 1/4 cup water
- 3/4 cup rolled oats
- 1 egg lightly beaten
- 1 tablespoon chili powder
- 1 tablespoon worcestershire sauce
- 1 red bell pepper small sweet, finely chopped
- 1 onion small, finely chopped
- 1 cup frozen corn kernels fresh or defrosted
- 1 cup baby spinach leaves fresh
- 3 slices provolone cheese

## Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 200 milligrams
4. Fat: 55 grams
5. Fiber: 6 grams
6. Protein: 43 grams
7. SaturatedFat: 21 grams
8. Sodium: 1640 milligrams
9. Sugar: 8 grams
10. TransFat: 1 grams

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