

Meatloaf with Italian Sausage

Yield: 6 min
Total Time: 70 min

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

Ingredients:

- 1 1/4 pounds ground beef
- 16 ounces sausage casings links Italian, removed
- 1 egg beaten
- 1 green bell pepper small, chopped
- 1 onion chopped
- 1/2 cup wheat cereal dry hot
- 1/2 cup milk
- 1 dash worcestershire sauce
- pepper
- salt

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 100 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 6 grams
8. Sodium: 220 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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