

Sheet Pan Meatloaf

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-sheet-pan-recipe>

Ingredients:

- cooking spray unchecked
- 1/2 cup panko divided
- 3/4 cup yellow onion finely chopped, from 1 small onion
- 2 ounces Parmesan cheese grated, about 1/2 cup
- 1/2 cup whole milk
- 1/4 cup fresh flat-leaf parsley leaves chopped
- 3 large garlic cloves minced
- 2 large eggs beaten
- 2 tablespoons dried Italian seasoning
- 2 tablespoons Worcestershire sauce
- 2 pounds lean ground beef 90/10
- 1 pound ground pork
- 1 tablespoon kosher salt divided
- 1/2 cup ketchup
- 2 tablespoons light brown sugar packed
- 1/2 tablespoon apple cider vinegar
- 1/2 teaspoon fresh ground black pepper

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 340 milligrams
4. Fat: 43 grams
5. Fiber: 2 grams
6. Protein: 79 grams
7. SaturatedFat: 17 grams
8. Sodium: 2800 milligrams
9. Sugar: 18 grams

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