



Cheesy Stuffed Meat Loaf

READY IN



75 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb ground sausage italian
- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 eggs
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 teaspoon ground mustard
- ☐ 1 lb pd of ground turkey 90% lean (at least)
- ☐ 0.5 cup milk
- ☐ 8 oz mozzarella cheese cut into 1/2-inch cubes
- ☐ 0.3 cup onion finely chopped

- ☐ 0.3 cup parmesan shredded
- ☐ 0.3 teaspoon pepper
- ☐ 0.7 cup pasta sauce
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon worcestershire sauce

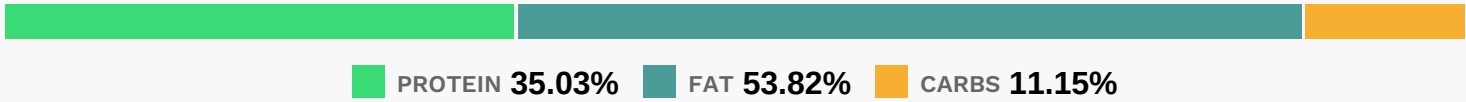
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. In large bowl, mix all ingredients except topping. Line ungreased 13x9-inch pan with foil. Shape meat loaf mixture into 9x5-inch loaf on foil in pan. In small bowl, mix all topping ingredients; spread over top and sides of loaf.
- ☐ Insert ovenproof meat thermometer so tip is in center of loaf.
- ☐ Bake uncovered 45 to 50 minutes or until meat is no longer pink in center and thermometer reads 165°F.
- ☐ Let stand 5 minutes; remove from pan.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:18.83260861687%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 416.61kcal (20.83%), Fat: 24.82g (38.18%), Saturated Fat: 11.02g (68.86%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 10.59g (3.85%), Sugar: 3.54g (3.93%), Cholesterol: 132.72mg (44.24%), Sodium: 1062.69mg (46.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.35g (72.7%), Selenium: 38.98µg (55.69%), Vitamin B3: 9.55mg (47.76%), Phosphorus: 451.18mg (45.12%), Vitamin B6: 0.86mg (42.83%), Vitamin B12: 1.85µg (30.8%), Calcium: 305.09mg (30.51%), Vitamin B1: 0.39mg (25.99%), Zinc: 3.63mg (24.19%), Vitamin B2: 0.39mg (22.7%), Potassium: 527.1mg (15.06%), Vitamin B5: 1.27mg (12.66%), Iron: 2.25mg (12.5%), Magnesium: 49.81mg (12.45%), Vitamin A: 500.3IU (10.01%), Manganese: 0.19mg (9.28%), Copper: 0.15mg (7.57%), Folate: 29.33µg (7.33%), Vitamin D: 0.84µg (5.63%), Vitamin C: 3.69mg (4.47%), Vitamin E: 0.63mg (4.22%), Fiber: 0.98g (3.91%), Vitamin K: 2.59µg (2.47%)