



Italian Sausage Market Meatloaf

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach leaves fresh
- ☐ 1 tablespoon chili powder
- ☐ 0.8 cup chili sauce
- ☐ 1 cup defrosted corn kernels fresh frozen
- ☐ 1 eggs lightly beaten
- ☐ 1 pound ground beef
- ☐ 1 small onion finely chopped
- ☐ 3 slices provolone cheese

- ☐ 1 small bell pepper sweet red finely chopped
- ☐ 0.8 cup rolled oats
- ☐ 19.8 ounce mild sausage italian johnsonville®
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 350 degrees F. In a large bowl, combine 1/2 cup of the chili sauce with the water.
- ☐ Add the oats, egg, chili powder, Worcestershire, and mix well.
- ☐ Add the decased sausage and the ground turkey or beef.
- ☐ Add the bell pepper, onion and corn and mix well. Divide the meat mixture in half.
- ☐ Lay half the meat mixture in a lightly greased 9X5x3" loaf pan.
- ☐ Create a shallow indent in the meat allowing the edges to rise along the edge of the pan.
- ☐ Layer the provolone and the spinach leaves on top of the meat along the center, staying about 1/2 inch away from the edges. Cover completely with the 2nd half of the meat mixture forming a domed top and sealing the edges.
- ☐ Bake uncovered for 50 minutes.
- ☐ Spread the remaining 1/4 cup chili sauce over the top of the loaf and bake until a meat thermometer inserted in the center of the loaf registers 165 degrees F. About 15–20 minutes longer. Allow the loaf to stand for 5–10 minutes before slicing.

Nutrition Facts



 PROTEIN **20.05%**  FAT **66.84%**  CARBS **13.11%**

Properties

Glycemic Index:37.2, Glycemic Load:3.57, Inflammation Score:-9, Nutrition Score:30.724782539451%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 794.37kcal (39.72%), Fat: 58.74g (90.37%), Saturated Fat: 22.1g (138.15%), Carbohydrates: 25.93g (8.64%), Net Carbohydrates: 21.83g (7.94%), Sugar: 8.81g (9.79%), Cholesterol: 190.16mg (63.39%), Sodium: 1668.77mg (72.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.64g (79.27%), Selenium: 50.4µg (72%), Vitamin B1: 0.81mg (54.1%), Vitamin B12: 3.21µg (53.43%), Phosphorus: 480.33mg (48.03%), Zinc: 7.06mg (47.08%), Vitamin B3: 9.03mg (45.17%), Vitamin B6: 0.85mg (42.37%), Vitamin A: 1944.43IU (38.89%), Vitamin C: 31.44mg (38.11%), Vitamin K: 35.77µg (34.07%), Manganese: 0.67mg (33.61%), Vitamin B2: 0.52mg (30.77%), Iron: 4.94mg (27.45%), Potassium: 938.66mg (26.82%), Magnesium: 72.18mg (18.04%), Fiber: 4.1g (16.42%), Calcium: 162.58mg (16.26%), Vitamin E: 2.33mg (15.53%), Folate: 62.13µg (15.53%), Vitamin B5: 1.55mg (15.51%), Copper: 0.31mg (15.32%), Vitamin D: 0.32µg (2.16%)