

Philly Cheese Meatloaf

Ingredients

- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1 tablespoon oil
- 1 lb. ground meat
- 1/2 cup bread crumbs
- 1 egg
- Several dashes salt and pepper
- 1/2 teaspoon garlic powder
- 3 tablespoons Worcestershire sauce
- 6 slices provolone cheese



Instructions

Preheat the oven to 350°F. In a skillet, sauté the onion and pepper in the oil until tender. Combine these veggies with the remaining ingredients except the cheese in a bowl. Place half of this mixture into a greased loaf pan and top with 3 of the slices of provolone cheese. Repeat so you have two meat-cheese layers.

Bake for 45 minutes (the internal temperature of the meat should reach 165°F). Allow the meatloaf to sit for 5 minutes before slicing and serving. Yield: 6 servings.

Please note that the nutrition facts are estimated based on the ingredients and preparation instructions described in the recipe. They are intended to be used for informational purposes only.

These nutrition facts are calculated with lean ground beef being the ground meat used in the recipe.

Nutrition Facts

Serving size: 1 slice
Servings: 6

Amount per serving	
Calories	299
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 7.8g	39%
Cholesterol 93mg	31%
Sodium 438mg	19%
Total Carbohydrate 11.4g	4%
Dietary Fiber 1.2g	4%
Total Sugars 3.6g	
Protein 24g	
Vitamin D 3mcg	13%
Calcium 245mg	19%
Iron 2mg	13%
Potassium 292mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**