



Cheeseburger Meatball Subs

READY IN



37 min.

SERVINGS



37

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 1 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 1 eggs
- 1 lb extra-lean ground beef
- 2 green onions chopped
- 8 hot dog buns
- 2 Tbsp milk
- 0.3 cup miracle whip dressing
- 8 romaine lettuce leaves

0.3 cup tops saltine crackers unsalted crushed

Equipment

baking sheet

oven

Directions

Heat oven to 400F.

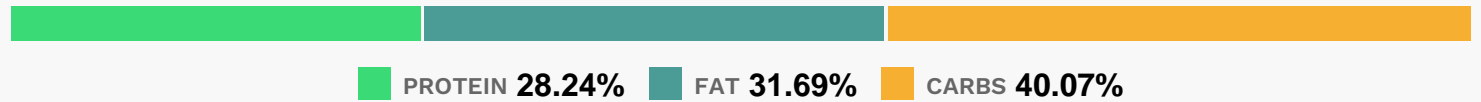
Mix first 6 ingredients until blended; shape into 24 meatballs, using about 2 Tbsp. meat mixture for each.

Place on rimmed baking sheet sprayed with cooking spray.

Bake 15 to 17 min. or until done (160F). Meanwhile, mix barbecue sauce and dressing.

Fill buns with lettuce and meatballs; serve with sauce.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:2.8, Inflammation Score:-4, Nutrition Score:3.892608674972%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 65.72kcal (3.29%), Fat: 2.28g (3.51%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 6.12g (2.22%), Sugar: 1.64g (1.82%), Cholesterol: 15.33mg (5.11%), Sodium: 115.46mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.15%), Vitamin A: 577.73IU (11.55%), Selenium: 6µg (8.57%), Vitamin K: 8.3µg (7.9%), Vitamin B3: 1.14mg (5.68%), Vitamin B12: 0.34µg (5.68%), Zinc: 0.85mg (5.64%), Phosphorus: 53.89mg (5.39%), Folate: 19.98µg (5%), Vitamin B2: 0.08mg (4.46%), Vitamin B1: 0.07mg (4.42%), Iron: 0.75mg (4.17%), Calcium: 40.92mg (4.09%), Manganese: 0.07mg (3.54%), Vitamin B6: 0.07mg (3.27%), Potassium: 81.87mg (2.34%), Magnesium: 7.25mg (1.81%), Fiber: 0.38g (1.51%), Copper: 0.03mg (1.35%), Vitamin B5: 0.13mg (1.28%)