



Hearty Meatball Sandwich

READY IN



100 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup seasoned bread crumbs italian
- ☐ 1.5 pounds ground beef lean
- ☐ 0.5 cup tomatoes
- ☐ 0.5 small onion chopped
- ☐ 1 tablespoon cracked pepper black
- ☐ 1 teaspoon salt
- ☐ 0.5 cup mozzarella cheese shredded divided
- ☐ 3 hoagie rolls split

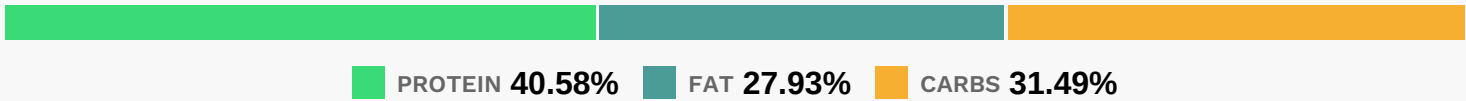
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix together the ground beef, bread crumbs, onion, salt and pepper, garlic powder, and half of the mozzarella cheese. Form the mixture into a log, and place it into an 8x8 inch baking dish.
- ☐ Bake for 50 minutes in the preheated oven, or until the center is no longer pink.
- ☐ Let stand for 5 minutes, then slice into 1/2 inch slices.
- ☐ Place a few slices onto each hoagie roll, cover with marinara sauce, and sprinkle remaining mozzarella cheese over.
- ☐ Wrap each sandwich with aluminum foil, and return to the oven for 15 minutes, until bread is lightly toasted and cheese is melted.
- ☐ Let stand 15 minutes before eating. Each sandwich serves

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:12.15, Inflammation Score:-3, Nutrition Score:15.964782611183%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 306.91kcal (15.35%), Fat: 9.33g (14.35%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 22.1g (8.04%), Sugar: 3.64g (4.04%), Cholesterol: 77.75mg (25.92%), Sodium: 853.78mg (37.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.97%), Iron: 8.73mg (48.5%), Vitamin B12: 2.78µg (46.27%), Zinc: 6.22mg (41.48%), Vitamin B3: 6.88mg (34.38%), Selenium: 23.29µg (33.27%), Phosphorus: 280.22mg (28.02%), Vitamin B6: 0.5mg (24.88%), Vitamin B2: 0.25mg (14.94%), Potassium: 503.34mg (14.38%), Manganese: 0.24mg (12.13%), Magnesium: 35.63mg (8.91%), Vitamin B5: 0.87mg (8.71%), Vitamin B1: 0.12mg (8.28%), Calcium: 81.93mg (8.19%), Copper: 0.15mg (7.33%), Fiber: 1.56g (6.25%), Vitamin K: 5.86µg (5.58%), Vitamin E: 0.66mg (4.41%), Folate: 17.61µg (4.4%), Vitamin A: 169.95IU (3.4%), Vitamin C: 2.05mg (2.48%)