



Italian Meatball Hoagie Braids

READY IN



35 min.

SERVINGS



8

CALORIES



171 kcal

Ingredients

- 8 oz regular crescent rolls refrigerated canned (8 Count)
- 1.5 inch meatballs frozen italian thawed fully cooked cut in half (1 pound)
- 1 cup tomato sauce
- 4 ounces mozzarella cheese shredded
- 1 eggs slightly beaten
- 0.3 cup parmesan cheese grated

Equipment

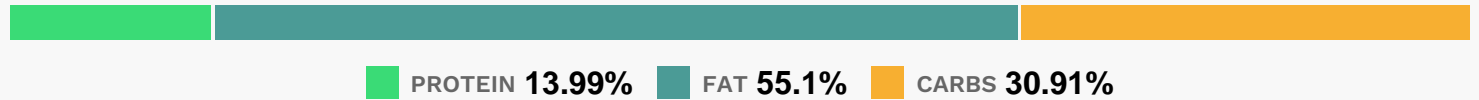
- baking sheet
- oven

knife

Directions

- Heat oven to 375°F. Spray 2 cookie sheets with cooking spray. Separate dough into 8 rectangles.
- Place rectangles on cookie sheets. Firmly press perforations to seal.
- Place 4 meatball halves lengthwise down center of each rectangle. Top each with 2 tablespoons pasta sauce and 2 tablespoons mozzarella cheese. Make cuts 1 inch apart on each side of filling, using sharp knife. Alternately cross strips over filling.
- Brush dough with beaten egg; sprinkle with Parmesan cheese.
- Bake 15 to 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.61, Inflammation Score:-2, Nutrition Score:3.6765217055445%

Nutrients (% of daily need)

Calories: 171.37kcal (8.57%), Fat: 10.85g (16.7%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 13.24g (4.82%), Sugar: 4.09g (4.55%), Cholesterol: 34.72mg (11.57%), Sodium: 519.35mg (22.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Calcium: 106.64mg (10.66%), Phosphorus: 89.98mg (9%), Selenium: 5.49µg (7.85%), Vitamin B12: 0.42µg (6.96%), Vitamin B2: 0.1mg (5.71%), Vitamin A: 285.19IU (5.7%), Zinc: 0.7mg (4.65%), Iron: 0.83mg (4.6%), Vitamin E: 0.54mg (3.61%), Potassium: 116.44mg (3.33%), Vitamin C: 2.15mg (2.6%), Vitamin B6: 0.05mg (2.45%), Magnesium: 9.27mg (2.32%), Vitamin B5: 0.21mg (2.12%), Copper: 0.04mg (2.11%), Manganese: 0.04mg (2.06%), Fiber: 0.46g (1.84%), Vitamin B3: 0.35mg (1.73%), Folate: 6.54µg (1.64%), Vitamin D: 0.18µg (1.22%), Vitamin B1: 0.02mg (1.21%), Vitamin K: 1.25µg (1.19%)