



## Italian Meatball Hoagie Braids

READY IN



35 min.

SERVINGS



8

CALORIES



175 kcal

### Ingredients

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

### Equipment

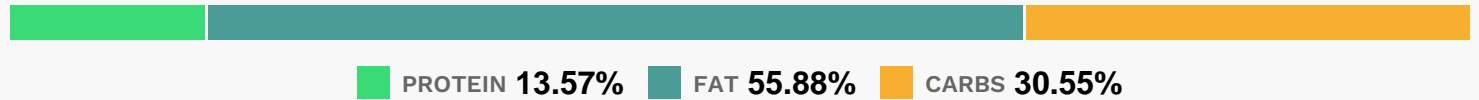
- baking sheet
- oven

knife

## Directions

- Heat oven to 375F. 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:3.38, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:2.7773912814648%

## Nutrients (% of daily need)

Calories: 175.27kcal (8.76%), Fat: 11.14g (17.13%), Saturated Fat: 5.17g (32.31%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 13.2g (4.8%), Sugar: 4.13g (4.59%), Cholesterol: 34.72mg (11.57%), Sodium: 432.93mg (18.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.17%), Calcium: 107.35mg (10.74%), Phosphorus: 81.71mg (8.17%), Selenium: 5.31µg (7.58%), Vitamin B12: 0.42µg (6.96%), Vitamin A: 246.34IU (4.93%), Vitamin B2: 0.08mg (4.54%), Zinc: 0.63mg (4.2%), Iron: 0.62mg (3.47%), Potassium: 75.48mg (2.16%), Fiber: 0.5g (2%), Vitamin D: 0.18µg (1.22%), Vitamin B5: 0.12mg (1.18%), Magnesium: 4.68mg (1.17%)