



Italian Meatball Sandwich

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large egg white lightly beaten
- 1 pound ground round
- 3 tablespoons italian-seasoned breadcrumbs
- 0.3 cup onion finely chopped
- 3 ounces part-skim mozzarella cheese shredded
- 1.5 cups pasta sauce low-fat, reduced-sodium
- 0.3 teaspoon pepper
- 12 ounce submarine loaves whole wheat
- 2 tablespoons water

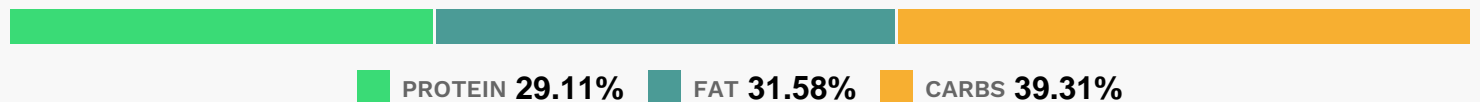
Equipment

- frying pan
- baking sheet
- oven

Directions

- Cut an oval piece out of top of each loaf. Reserve oval pieces for another use.
- Combine meat and next 5 ingredients. Shape into 36 (1-inch) balls. Cook meatballs in a large nonstick skillet over medium heat 8 to 10 minutes or until browned on all sides.
- Remove from heat, and pat dry.
- Preheat oven to 40
- Return meatballs to pan; add pasta sauce. Cook over medium-low heat 10 minutes or until thoroughly heated.
- Place loaves on a baking sheet; top each with 6 meatballs. Spoon sauce evenly over meatballs.
- Sprinkle evenly with cheese.
- Bake at 400 for 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:19.53, Inflammation Score:-4, Nutrition Score:14.266086891941%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 346.99kcal (17.35%), Fat: 12.05g (18.54%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 33.75g (11.25%), Net Carbohydrates: 31.61g (11.49%), Sugar: 6.41g (7.12%), Cholesterol: 58.26mg (19.42%), Sodium: 738.03mg

(32.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.98%), Iron: 11.09mg (61.61%), Vitamin B12: 1.81µg (30.16%), Zinc: 4.23mg (28.22%), Selenium: 17.33µg (24.76%), Vitamin B3: 4.78mg (23.89%), Phosphorus: 233.01mg (23.3%), Vitamin B6: 0.37mg (18.3%), Vitamin B2: 0.25mg (14.56%), Calcium: 145.13mg (14.51%), Potassium: 467.85mg (13.37%), Fiber: 2.15g (8.59%), Magnesium: 31.33mg (7.83%), Vitamin E: 1.16mg (7.73%), Copper: 0.15mg (7.32%), Manganese: 0.14mg (7.18%), Vitamin B5: 0.7mg (7.01%), Vitamin A: 343.63IU (6.87%), Vitamin B1: 0.1mg (6.7%), Vitamin C: 4.92mg (5.96%), Vitamin K: 5.01µg (4.77%), Folate: 18.77µg (4.69%)