



Italian Meatball Sandwich Casserole

READY IN



60 min.

SERVINGS



7

CALORIES



899 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 8 ounce cream cheese softened
- 2 cloves garlic minced
- 0.3 cup green onions chopped
- 1 pound ground beef
- 1 pound bread italian cut into 1-inch cubes
- 0.3 cup seasoned bread crumbs italian
- 1 teaspoon penzey's southwest seasoning italian
- 0.5 cup mayonnaise

- 3 tablespoons parmesan cheese grated
- 2 cups mozzarella cheese shredded
- 3 cups spaghetti sauce
- 1 cup water

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (205 degrees C).
- Mix together onions, bread crumbs, Parmesan cheese and ground beef.
- Roll into 1 inch diameter balls, and place in a baking pan.
- Bake for 15 to 20 minutes, or until beef is no longer pink. Reduce the oven temperature to 350 degrees F (175 degrees C).
- Arrange the bread cubes in a single layer in an ungreased 9x13 inch baking dish.
- Mix together the cream cheese, mayonnaise, Italian seasoning and black pepper until smooth.
- Spread this mixture over each bread cube.
- Sprinkle with 1/2 cup of the grated mozzarella cheese.
- In a large bowl, mix together spaghetti sauce, water, and garlic. Gently stir in meatballs.
- Pour over the bread and cheese mixture in the baking pan.
- Sprinkle the remaining mozzarella cheese evenly over the top.
- Bake at 350 degrees F (175 degrees C) for 30 minutes, or until heated through.

Nutrition Facts

 PROTEIN 12.53%  FAT 67.06%  CARBS 20.41%

Properties

Glycemic Index:35.43, Glycemic Load:2.68, Inflammation Score:-7, Nutrition Score:20.373043324636%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 898.74kcal (44.94%), Fat: 67.28g (103.5%), Saturated Fat: 30.48g (190.51%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 41.72g (15.17%), Sugar: 25.78g (28.64%), Cholesterol: 112.64mg (37.55%), Sodium: 1282.93mg (55.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.29g (56.58%), Vitamin K: 45.38µg (43.21%), Vitamin B12: 2.25µg (37.51%), Vitamin B3: 7.07mg (35.35%), Phosphorus: 330.8mg (33.08%), Selenium: 20.92µg (29.88%), Zinc: 4.38mg (29.23%), Calcium: 258.29mg (25.83%), Vitamin B2: 0.42mg (24.83%), Vitamin A: 1196.11IU (23.92%), Iron: 4.25mg (23.63%), Potassium: 732.68mg (20.93%), Vitamin B6: 0.37mg (18.46%), Vitamin E: 2.74mg (18.29%), Folate: 69.76µg (17.44%), Fiber: 4.33g (17.34%), Vitamin B1: 0.21mg (13.94%), Magnesium: 52.38mg (13.09%), Manganese: 0.22mg (11.12%), Vitamin C: 8.64mg (10.47%), Copper: 0.2mg (9.93%), Vitamin B5: 0.95mg (9.53%), Vitamin D: 0.24µg (1.57%)