



## Italian Meatloaf Sandwich

READY IN



15 min.

SERVINGS



15

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 oz bread loaf french
- 8 oz cheese blend shredded italian
- 0.3 teaspoon penzey's southwest seasoning italian
- 8 slices meatloaf 1-inch-thick cold ()
- 1 cup spaghetti sauce

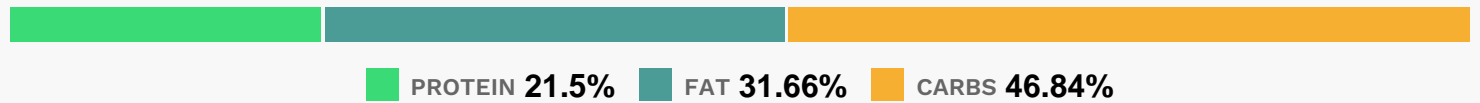
### Equipment

- baking sheet
- oven

## Directions

- Cut bread into quarters; cut quarters in half horizontally.
- Place bread quarters, cut sides up, on a baking sheet. Top each bread bottom with 2 meatloaf slices, 2 Tbsp. marinara sauce, and 1/4 cup cheese. Top each bread top with 2 Tbsp. marinara sauce and 1/4 cup cheese; sprinkle evenly with Italian seasoning.
- Bake at 375 for 10 to 15 minutes or until cheese melts and meat is thoroughly heated. Top bread bottoms with bread tops, and serve sandwiches immediately.

## Nutrition Facts



## Properties

Glycemic Index:8.7, Glycemic Load:10.87, Inflammation Score:-2, Nutrition Score:3.9973913042442%

## Nutrients (% of daily need)

Calories: 125.6kcal (6.28%), Fat: 4.55g (7%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 14.31g (5.2%), Sugar: 1.81g (2.01%), Cholesterol: 3.4mg (1.13%), Sodium: 265.82mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.91%), Vitamin B1: 0.19mg (12.79%), Selenium: 7.67µg (10.95%), Folate: 34.09µg (8.52%), Manganese: 0.16mg (7.89%), Vitamin B2: 0.12mg (7.28%), Vitamin B3: 1.44mg (7.19%), Iron: 1.21mg (6.75%), Calcium: 46.82mg (4.68%), Fiber: 0.84g (3.37%), Phosphorus: 32.24mg (3.22%), Copper: 0.06mg (2.96%), Magnesium: 11.01mg (2.75%), Potassium: 79.89mg (2.28%), Vitamin B6: 0.04mg (2.23%), Zinc: 0.31mg (2.08%), Vitamin E: 0.3mg (1.98%), Vitamin A: 71.29IU (1.43%), Vitamin C: 1.14mg (1.39%), Vitamin B5: 0.14mg (1.39%)