



Italian Sausage Meatball Heroes

READY IN



60 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 inch crusty baguette split french
- 0.3 cup basil fresh divided chopped
- 1 pound ground sausage sweet italian
- 23 ounce tomatoes fresh divided
- 1.5 ounces parmesan cheese freshly grated
- 0.3 cup parsley fresh italian divided chopped
- 1 cup whole-milk mozzarella packed grated ()

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 400°F.
- Mix sausage, 1/2 cup marinara, Parmesan, 2 tablespoons parsley, and 2 tablespoons basil in large bowl. Using wet hands, shape mixture into 8 meatballs. Bring 2 tablespoons parsley, 2 tablespoons basil, remaining marinara, and meatballs to boil in large skillet. Cover, reduce heat, and simmer until meatballs are cooked through, turning often, about 20 minutes.
- Place baguette bottoms on baking sheet; spread each with about 2 tablespoons sauce from skillet.
- Cut meatballs in half in skillet; overlap 4 halves on each baguette bottom. Spoon remaining sauce over meatballs, then sprinkle mozzarella over, dividing equally.
- Bake until cheese melts, about 5 minutes.
- Sprinkle with remaining parsley and basil and cover with baguette tops.
- One serving contains the following: 642.42 Calories (kcal), 45.2% Calories from Fat, 32.24 (g) Fat, 13.11 (g) Saturated Fat, 65.08 (mg) Cholesterol, 56.03 (g)
- Self

Nutrition Facts



Properties

Glycemic Index:61.69, Glycemic Load:7.26, Inflammation Score:-8, Nutrition Score:27.449565165717%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 551.22kcal (27.56%), Fat: 39.39g (60.6%), Saturated Fat: 14.57g (91.07%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 14.76g (5.37%), Sugar: 6.87g (7.64%), Cholesterol: 100.52mg (33.51%), Sodium: 2078.91mg (90.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.27%), Vitamin K: 95.88µg (91.31%), Selenium: 40.36µg (57.65%), Vitamin B1: 0.77mg (51.38%), Phosphorus: 473.84mg (47.38%), Calcium: 432.47mg (43.25%), Vitamin B3: 6mg (30.02%), Vitamin A: 1460.37IU (29.21%), Vitamin B6: 0.55mg (27.6%), Zinc: 4.13mg (27.51%), Vitamin B2: 0.47mg (27.36%), Vitamin C: 20.69mg (25.08%), Potassium: 869.89mg (24.85%), Vitamin B12: 1.44µg (23.92%), Iron: 3.85mg (21.39%), Manganese: 0.34mg (16.96%), Vitamin E: 2.53mg (16.88%), Copper: 0.32mg (16.13%), Magnesium: 60.45mg (15.11%), Fiber: 3.42g (13.67%), Folate: 49.75µg (12.44%), Vitamin B5: 1.19mg (11.89%)