



Last-Minute Meatball Sandwich

READY IN



28 min.

SERVINGS



28

CALORIES



580 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup barbecue sauce kraft
- 6 bread rolls split italian
- 1 cup bell pepper green sliced
- 0.5 recipe mastering the meatball (24 meatballs)
- 2 Tbsp oil
- 1 cup onion sliced
- 0.5 cup cheddar cheese shredded kraft

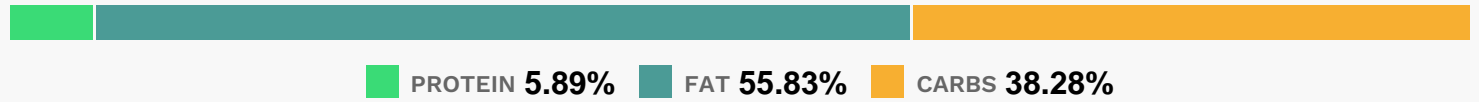
Equipment

- frying pan
- broiler pan

Directions

- Prepare Mastering the Meatballs recipe; cover to keep warm.
- Heat oil in large skillet on medium-high heat.
- Add peppers and onions; cook and stir 5 minutes or until vegetables are crisp-tender.
- Add meatballs and barbecue sauce; mix lightly. Cook 15 minutes or until heated through, stirring occasionally.
- Spoon 4 of the meatballs into each roll. Top sandwiches evenly with the vegetable mixture and cheese.
- Place on rack of broiler pan. Broil 2 to 3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:2.29, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:5.1182609647512%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 580.31kcal (29.02%), Fat: 36.08g (55.51%), Saturated Fat: 19.13g (119.55%), Carbohydrates: 55.67g (18.56%), Net Carbohydrates: 51.99g (18.91%), Sugar: 33.76g (37.51%), Cholesterol: 2.2mg (0.73%), Sodium: 479.07mg (20.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.14%), Vitamin B3: 4.47mg (22.37%), Folate: 63.41µg (15.85%), Fiber: 3.68g (14.71%), Iron: 2.14mg (11.89%), Vitamin B1: 0.15mg (9.76%), Potassium: 254.27mg (7.26%), Vitamin B2: 0.11mg (6.21%), Vitamin C: 4.76mg (5.77%), Phosphorus: 50.36mg (5.04%), Magnesium: 19.53mg (4.88%), Zinc: 0.31mg (2.05%), Vitamin E: 0.29mg (1.95%), Calcium: 19.52mg (1.95%), Vitamin B6: 0.03mg (1.44%), Manganese: 0.03mg (1.35%), Vitamin K: 1.36µg (1.3%), Vitamin A: 62.92IU (1.26%), Selenium: 0.79µg (1.13%)