



Marinara Meatball Subs

READY IN



65 min.

SERVINGS



16

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1.5 cups bread crumbs whole wheat white soft (or)
- 2 eggs lightly beaten
- 2 cloves garlic minced
- 0.5 teaspoon penzey's southwest seasoning dried italian
- 2 pounds ground beef lean
- 48 ounce tomatoes
- 0.5 cup onion finely chopped
- 0.5 cup parmesan cheese grated

- 0.5 teaspoon salt
- 12 hoagie buns split toasted

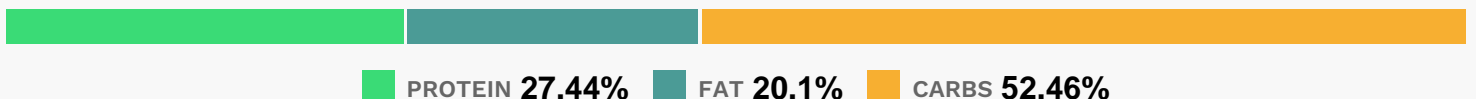
Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- kitchen thermometer
- stove

Directions

- Preheat oven to 350 degrees F.
- Combine eggs, bread crumbs, onion, garlic, Italian seasoning, salt, and pepper in a large bowl.
- Add ground beef and the 1/4 cup grated Parmesan cheese; mix until combined. Form into 48 meatballs.
- Place meatballs in a 15x10x1-inch baking pan.
- Bake for 20 minutes or until a meat thermometer registers 160 degrees F.
- Drain meatballs on sheets of clean paper towels.
- Combine marinara sauce and the cooked meatballs in a 4- to 6-quart pan.
- Heat over medium heat until heated through, stirring occasionally. Spoon hot meatballs and sauce into buns. Top meatballs with any remaining sauce.
- Sprinkle the 1/2 cup grated Parmesan cheese over meatballs.
- Let stand for 2 minutes before serving.
- [Cleaning tip: Once the stove top is cool, wipe up any spills with Clorox® Disinfecting Wipes*.]

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:18.82, Inflammation Score:-4, Nutrition Score:12.52826085298%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 282.72kcal (14.14%), Fat: 6.49g (9.98%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 34.87g (12.68%), Sugar: 6.85g (7.62%), Cholesterol: 58.33mg (19.44%), Sodium: 849.4mg (36.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.85%), Iron: 11.02mg (61.2%), Vitamin B12: 1.36µg (22.69%), Zinc: 3.29mg (21.96%), Vitamin B3: 3.98mg (19.88%), Selenium: 13.24µg (18.92%), Phosphorus: 168.1mg (16.81%), Vitamin B6: 0.33mg (16.44%), Potassium: 472.13mg (13.49%), Fiber: 3.21g (12.85%), Vitamin B2: 0.18mg (10.86%), Vitamin C: 8.47mg (10.26%), Vitamin E: 1.47mg (9.8%), Vitamin A: 426.36IU (8.53%), Copper: 0.15mg (7.53%), Vitamin B5: 0.73mg (7.31%), Magnesium: 27.8mg (6.95%), Manganese: 0.12mg (6.04%), Calcium: 55.52mg (5.55%), Folate: 14.38µg (3.59%), Vitamin B1: 0.05mg (3.33%), Vitamin K: 3.09µg (2.94%), Vitamin D: 0.18µg (1.22%)