



## Meatball Heroes

READY IN



15 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 meatballs (depending on size; found in the freezer or refrigerator case in most grocery stores)
- 1 teaspoon olive oil
- 0.5 cup parmesan grated
- 1.5 cups pasta sauce
- 2 cups mozzarella cheese shredded
- 4 portugese rolls

## Equipment

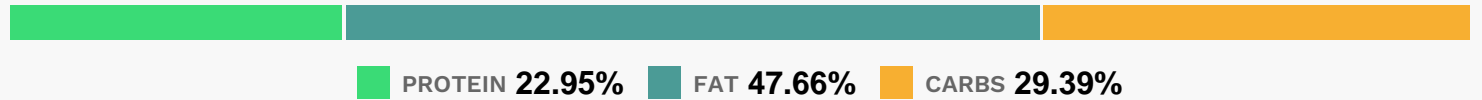
- frying pan

oven

## Directions

- Warm the rolls on a rack in a 250 F oven. Meanwhile, heat the oil in a large skillet, over medium heat.
- Add the meatballs. Cook until brown, 3 to 5 minutes.
- Add the sauce, reduce heat to medium-low, and simmer until it begins to bubble, about 3 minutes.
- Remove the rolls from oven and slice lengthwise. Spoon the meatballs and sauce onto the rolls, then sprinkle with the mozzarella and Parmesan.
- Serve with the pickles, if desired.

## Nutrition Facts



## Properties

Glycemic Index:43, Glycemic Load:24.98, Inflammation Score:-6, Nutrition Score:17.645217278729%

## Nutrients (% of daily need)

Calories: 531.59kcal (26.58%), Fat: 28.12g (43.26%), Saturated Fat: 12.9g (80.61%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 36.58g (13.3%), Sugar: 8.28g (9.2%), Cholesterol: 82.98mg (27.66%), Sodium: 1302.92mg (56.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.47g (60.94%), Iron: 12.26mg (68.09%), Calcium: 455.94mg (45.59%), Phosphorus: 383.3mg (38.33%), Selenium: 23.22µg (33.17%), Vitamin B12: 1.72µg (28.68%), Vitamin B1: 0.35mg (23.41%), Vitamin B2: 0.36mg (21.08%), Zinc: 3.11mg (20.7%), Vitamin A: 876.94IU (17.54%), Vitamin B6: 0.28mg (14.15%), Vitamin B3: 2.82mg (14.12%), Potassium: 447.48mg (12.79%), Vitamin E: 1.6mg (10.67%), Fiber: 2.44g (9.77%), Magnesium: 38.46mg (9.62%), Vitamin C: 6.73mg (8.15%), Vitamin B5: 0.7mg (7%), Copper: 0.13mg (6.74%), Manganese: 0.12mg (6.09%), Vitamin K: 4.68µg (4.45%), Folate: 15.16µg (3.79%), Vitamin D: 0.29µg (1.91%)