



Meatball Hoagie

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



395 kcal

Ingredients

- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 clove garlic minced
- ☐ 1 pound ground round
- ☐ 1 small onion thinly sliced
- ☐ 3 tablespoons onion grated
- ☐ 1.5 cups julienne- pepper sweet red
- ☐ 2 cups no-salt-added spaghetti sauce fat-free divided
- ☐ 18 ounce submarine rolls

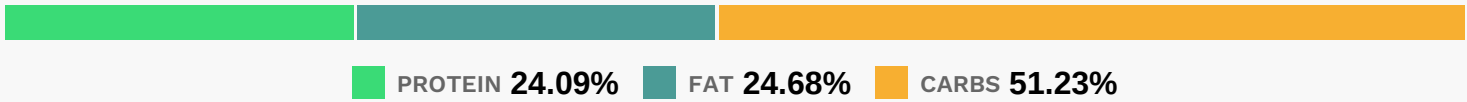
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Combine meat, 1/4 cup spaghetti sauce, and next 3 ingredients; stir well. Shape mixture into 48 (1-inch) meatballs.
- ☐ Place on a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 10 minutes or until done.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add red pepper and sliced onion; saute until tender.
- ☐ Add meatballs and remaining 1 3/4 cups spaghetti sauce; reduce heat, and cook, uncovered, 5 minutes, stirring often.
- ☐ Cut a 1/4-inch-thick slice off top of each roll; set tops aside.
- ☐ Cut a 2-inch-wide, V-shaped wedge down length of each roll. Reserve bread wedges for another use.
- ☐ Place rolls and tops on a baking sheet; broil 5 1/2 inches from heat (with electric oven door partially opened) until lightly toasted.
- ☐ Spoon meatball mixture evenly into bottom portions of toasted rolls; cover with roll tops.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:29.76, Inflammation Score:-8, Nutrition Score:19.646956920624%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 395.04kcal (19.75%), Fat: 10.81g (16.63%), Saturated Fat: 3.18g (19.91%), Carbohydrates: 50.5g (16.83%), Net Carbohydrates: 46.72g (16.99%), Sugar: 10.65g (11.83%), Cholesterol: 49.14mg (16.38%), Sodium: 822.58mg (35.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.75g (47.5%), Iron: 15.66mg (86.98%), Vitamin C: 54.79mg (66.41%), Vitamin A: 1520.29IU (30.41%), Vitamin B12: 1.69µg (28.11%), Vitamin B3: 5.33mg (26.65%), Zinc: 3.99mg (26.62%), Vitamin B6: 0.5mg (24.95%), Selenium: 14.36µg (20.52%), Phosphorus: 183.86mg (18.39%), Potassium: 598.98mg (17.11%), Fiber: 3.78g (15.12%), Vitamin E: 2.01mg (13.43%), Vitamin B2: 0.23mg (13.29%), Manganese: 0.21mg (10.39%), Folate: 37.02µg (9.25%), Magnesium: 35.57mg (8.89%), Copper: 0.17mg (8.71%), Vitamin B5: 0.87mg (8.69%), Vitamin B1: 0.12mg (8.24%), Vitamin K: 5.09µg (4.85%), Calcium: 43.74mg (4.37%)