



## Meatball Hoagies

READY IN



20 min.

SERVINGS



4

CALORIES



509 kcal

### Ingredients

- 24 meatballs frozen cooked (from 16-oz bag)
- 4 oz mozzarella cheese shredded
- 2 cups pasta sauce
- 4 portugese rolls split

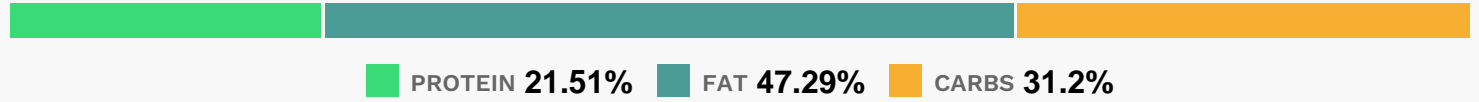
### Equipment

- sauce pan

### Directions

- In 2-quart saucepan, heat tomato pasta sauce and meatballs over medium heat 15 minutes, stirring occasionally, until thoroughly heated.
- Place each bun on serving plate. Fill each with up to 6 meatballs.
- Sprinkle with 1/4 cup cheese.

## Nutrition Facts



### Properties

Glycemic Index:36.25, Glycemic Load:25.23, Inflammation Score:-6, Nutrition Score:18.181304475536%

### Nutrients (% of daily need)

Calories: 508.61kcal (25.43%), Fat: 26.7g (41.08%), Saturated Fat: 10.39g (64.93%), Carbohydrates: 39.64g (13.21%), Net Carbohydrates: 36.74g (13.36%), Sugar: 8.98g (9.98%), Cholesterol: 82.88mg (27.63%), Sodium: 1097.96mg (47.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.66%), Iron: 12.69mg (70.5%), Vitamin B1: 0.65mg (43.52%), Selenium: 26.22µg (37.45%), Phosphorus: 280.43mg (28.04%), Vitamin B3: 4.89mg (24.44%), Vitamin B6: 0.45mg (22.61%), Vitamin B2: 0.36mg (21.01%), Vitamin B12: 1.23µg (20.57%), Zinc: 2.95mg (19.64%), Potassium: 626.45mg (17.9%), Calcium: 178.47mg (17.85%), Vitamin A: 727.95IU (14.56%), Vitamin E: 1.82mg (12.12%), Fiber: 2.9g (11.61%), Vitamin C: 9.16mg (11.11%), Magnesium: 40mg (10%), Vitamin B5: 0.98mg (9.8%), Copper: 0.18mg (9.09%), Manganese: 0.15mg (7.4%), Folate: 17.21µg (4.3%), Vitamin K: 4.08µg (3.89%)