



Meatball Pizza Sandwich Casserole

READY IN



55 min.

SERVINGS



8

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 oz cream cheese softened
- 30 oz tomato sauce canned
- 1 lb crusty baguette french 1-inch-thick cut into slices
- 6 oz mozzarella cheese shredded
- 16 oz meatballs frozen italian thawed cooked (32 meatballs)
- 2 oz pepperoni chopped
- 0.5 cup bell pepper red chopped ()
- 0.3 cup basil fresh shredded

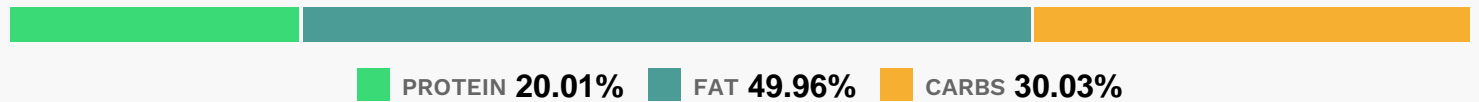
Equipment

- bowl
- oven
- glass baking pan

Directions

- Heat oven to 350°F. In large bowl, beat cream cheese and pizza sauce until well blended.
- In ungreased 13x9-inch (3-quart) glass baking dish, spread 1 cup of sauce mixture; arrange baguette slices over sauce.
- Spread top of baguette slices with 1 cup sauce mixture; sprinkle with 1/2 cup of the mozzarella cheese.
- Stir meatballs and pepperoni into remaining sauce mixture; pour over cheese.
- Sprinkle with bell pepper and remaining 1 cup mozzarella cheese.
- Bake 30 to 40 minutes or until thoroughly heated and cheese is melted.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:37.59, Glycemic Load:20.97, Inflammation Score:-8, Nutrition Score:20.176956451457%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 460.79kcal (23.04%), Fat: 25.6g (39.39%), Saturated Fat: 11.02g (68.86%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 31.64g (11.51%), Sugar: 7.46g (8.28%), Cholesterol: 75.23mg (25.08%), Sodium: 1165.14mg (50.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.14%), Vitamin B1: 0.8mg (53.59%), Selenium: 30.93µg (44.19%), Vitamin B3: 6.57mg (32.85%), Vitamin B2: 0.5mg (29.16%), Phosphorus: 282.47mg (28.25%), Vitamin C: 19.89mg (24.11%), Manganese: 0.45mg (22.56%), Vitamin B6: 0.45mg (22.4%),

Vitamin A: 1081.94IU (21.64%), Iron: 3.74mg (20.77%), Calcium: 203.37mg (20.34%), Folate: 80.66µg (20.17%), Zinc: 2.81mg (18.7%), Potassium: 620.25mg (17.72%), Vitamin B12: 1µg (16.62%), Vitamin E: 2.05mg (13.69%), Magnesium: 49.54mg (12.39%), Fiber: 2.99g (11.97%), Copper: 0.23mg (11.58%), Vitamin B5: 1.13mg (11.27%), Vitamin K: 9.37µg (8.92%), Vitamin D: 0.18µg (1.18%)