

Meatball Sandwich

READY IN



25 min.

SERVINGS



4

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bread crumbs
- ☐ 1 eggs beaten
- ☐ 1 baguette french
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 pound ground beef
- ☐ 2 teaspoons penzey's southwest seasoning dried italian
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 4 slices provolone cheese
- ☐ 1 pinch salt to taste
- ☐ 14 ounce spaghetti sauce

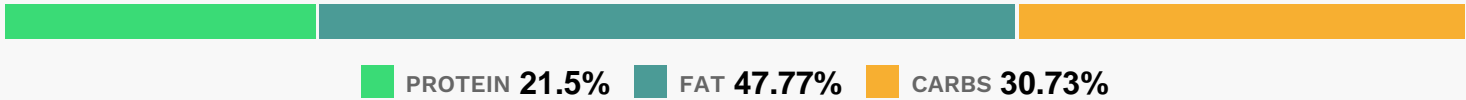
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, gently mix by hand the ground beef, bread crumbs, Italian seasoning, garlic, parsley, Parmesan cheese, and egg. Shape into 12 meatballs, and place in a baking dish.
- ☐ Bake for 15 to 20 minutes in the preheated oven, or until cooked through. Meanwhile, cut the baguette in half lengthwise, and remove some of the bread from the inside to make a well for the meatballs.
- ☐ Brush with olive oil, and season with garlic powder and salt. Slip the baguette into the oven during the last 5 minutes of the meatball's time, or until lightly toasted.
- ☐ While the bread toasts, warm the spaghetti sauce in a saucepan over medium heat. When the meatballs are done, use a slotted spoon to transfer them to the sauce. Spoon onto the baguette and top with slices of provolone cheese. Return to the oven for 2 to 3 minutes to melt the cheese. Cool slightly, cut into servings, and enjoy!

Nutrition Facts



Properties

Glycemic Index:53.94, Glycemic Load:22.62, Inflammation Score:-7, Nutrition Score:29.725652052009%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 684.44kcal (34.22%), Fat: 36.13g (55.58%), Saturated Fat: 13.81g (86.31%), Carbohydrates: 52.29g (17.43%), Net Carbohydrates: 48.02g (17.46%), Sugar: 7.95g (8.83%), Cholesterol: 136.72mg (45.57%), Sodium: 1289.88mg (56.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.59g (73.19%), Selenium: 40.81µg (58.31%), Vitamin B3: 10.08mg (50.42%), Vitamin B12: 2.91µg (48.44%), Vitamin K: 49.68µg (47.31%), Zinc: 6.69mg (44.58%), Phosphorus: 437.1mg (43.71%), Vitamin B1: 0.65mg (43.26%), Iron: 7.15mg (39.71%), Vitamin B2: 0.64mg (37.87%), Manganese: 0.68mg (34.13%), Calcium: 330.67mg (33.07%), Vitamin B6: 0.62mg (31.23%), Folate: 118.26µg (29.57%), Potassium: 798.26mg (22.81%), Vitamin E: 2.97mg (19.79%), Magnesium: 71mg (17.75%), Vitamin A: 863.49IU (17.27%), Fiber: 4.27g (17.07%), Copper: 0.34mg (17.01%), Vitamin B5: 1.52mg (15.2%), Vitamin C: 10.1mg (12.24%), Vitamin D: 0.44µg (2.94%)