



Meatball Sandwich Casserole

READY IN



65 min.

SERVINGS



6

CALORIES



619 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb bell pepper frozen thawed drained
- ☐ 18 slices crusty baguette french (1/)
- ☐ 1 lb meatballs frozen italian-style thawed cooked
- ☐ 1.5 cups pasta sauce
- ☐ 4 oz mozzarella cheese shredded
- ☐ 0.3 cup vegetable oil

Equipment

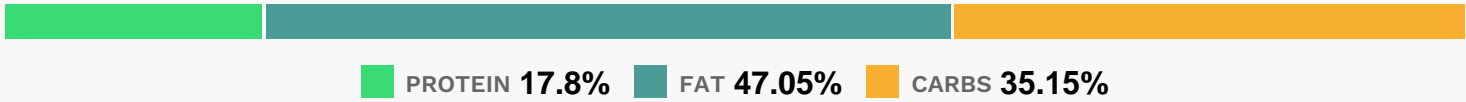
- ☐ bowl

☐ oven

Directions

- ☐ Heat oven to 350F.
- ☐ Brush 1 side of each bread slice with oil. In ungreased 9 1/2-inch deep-dish pie plate, line bottom and side with bread, oil side up and slightly overlapping slices.
- ☐ Bake 5 to 10 minutes or until edges are light golden brown.
- ☐ Meanwhile, in large bowl, gently mix meatballs, bell pepper and onion stir-fry, and pasta sauce to coat.
- ☐ Spoon meatball mixture into crust; bake uncovered 25 to 30 minutes or until thoroughly heated in center.
- ☐ Sprinkle with cheese; bake 5 to 10 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:29.29, Glycemic Load:33.8, Inflammation Score:-10, Nutrition Score:31.184782567232%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 618.82kcal (30.94%), Fat: 32.36g (49.78%), Saturated Fat: 10.41g (65.08%), Carbohydrates: 54.4g (18.13%), Net Carbohydrates: 49.88g (18.14%), Sugar: 10.05g (11.17%), Cholesterol: 69.36mg (23.12%), Sodium: 1047.47mg (45.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.09%), Vitamin C: 101.58mg (123.13%), Vitamin B1: 1.17mg (78.22%), Selenium: 38.77µg (55.38%), Vitamin A: 2765.26IU (55.31%), Vitamin B3: 9mg (45.02%), Vitamin B2: 0.64mg (37.85%), Folate: 148.11µg (37.03%), Vitamin B6: 0.68mg (33.82%), Phosphorus: 326.6mg (32.66%), Manganese: 0.61mg (30.44%), Iron: 4.98mg (27.64%), Vitamin K: 25.44µg (24.23%), Calcium: 220.69mg (22.07%), Zinc: 3.3mg (21.98%), Vitamin E: 3.13mg (20.89%), Potassium: 691.8mg (19.77%), Fiber: 4.52g (18.09%), Vitamin B12: 0.96µg (16%), Magnesium: 61.36mg (15.34%), Vitamin B5: 1.32mg (13.23%), Copper: 0.24mg (11.78%)