



Meatball Sandwich with Cheese

READY IN



15 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 crusty sandwich rolls split
- 0.5 lb meatballs frozen fully cooked ()
- 2 Tbsp parmesan cheese grated kraft
- 1 cup classico family favorites pasta sauce traditional
- 0.5 cup mozzarella cheese shredded kraft
- 0.5 cup water

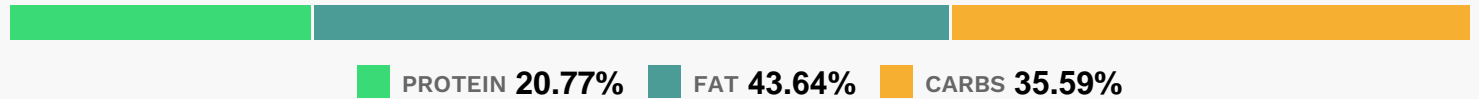
Equipment

- frying pan

Directions

- Mix first 3 ingredients in large skillet until blended; stir in meatballs. Bring to boil on medium-high heat, stirring occasionally.
- Simmer on medium-low heat 8 min. or until meatballs are heated through, stirring occasionally.
- Spoon into rolls; top with mozzarella.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:15.766086908786%

Nutrients (% of daily need)

Calories: 383.35kcal (19.17%), Fat: 18.48g (28.43%), Saturated Fat: 7.06g (44.13%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 31.68g (11.52%), Sugar: 3.34g (3.71%), Cholesterol: 54.06mg (18.02%), Sodium: 765.17mg (33.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.59%), Selenium: 39.86µg (56.94%), Vitamin B1: 0.71mg (47.14%), Vitamin B3: 5.5mg (27.5%), Vitamin B2: 0.41mg (24.28%), Phosphorus: 238.17mg (23.82%), Manganese: 0.34mg (16.99%), Iron: 3.03mg (16.83%), Calcium: 164.35mg (16.44%), Zinc: 2.44mg (16.25%), Folate: 63.63µg (15.91%), Vitamin B6: 0.3mg (15.22%), Vitamin B12: 0.75µg (12.5%), Potassium: 421.44mg (12.04%), Magnesium: 39.32mg (9.83%), Copper: 0.2mg (9.81%), Fiber: 2.23g (8.92%), Vitamin B5: 0.83mg (8.3%), Vitamin E: 1.16mg (7.74%), Vitamin A: 385.45IU (7.71%), Vitamin C: 4.68mg (5.68%), Vitamin K: 2.42µg (2.31%)