



Meatball Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 1 small bell pepper diced green
- ☐ 32 ounce meatballs frozen italian-style cooked
- ☐ 1 tablespoon olive oil
- ☐ 4 ounces parmesan cheese shredded
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 26 ounce five-cheese spaghetti sauce
- ☐ 1 small onion diced sweet

☐ 6 slices garlic butter texas toast

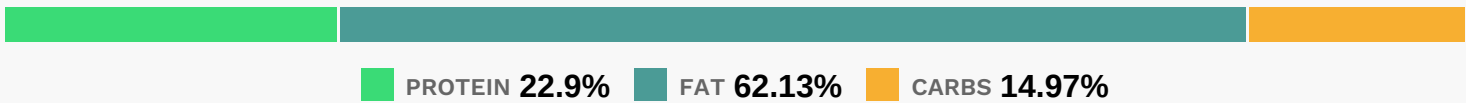
Equipment

☐ frying pan

Directions

- ☐ Saut onion, bell pepper, and garlic in hot oil in a large skillet over medium-high heat 3 minutes.
- ☐ Stir in sauce, basil, and frozen meatballs; cook 30 minutes or until thoroughly heated, stirring often.
- ☐ Prepare Texas toast according to package directions.
- ☐ Spoon meatball mixture evenly over toast; top evenly with cheeses and desired toppings.
- ☐ Note: For testing purposes only, we used Bertolli Five Cheese tomato sauce and Rosina Italian Style Meatballs.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:2.58, Inflammation Score:-8, Nutrition Score:29.308260943579%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 796.59kcal (39.83%), Fat: 55.14g (84.83%), Saturated Fat: 22.35g (139.7%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 26.35g (9.58%), Sugar: 9.99g (11.09%), Cholesterol: 151.58mg (50.53%), Sodium: 1421.27mg (61.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.72g (91.45%), Vitamin B1: 1.19mg (79.05%), Selenium: 48.96µg (69.94%), Phosphorus: 581.05mg (58.11%), Iron: 9.05mg (50.27%), Calcium: 466.81mg (46.68%), Vitamin B6: 0.84mg (41.84%), Vitamin B3: 8.01mg (40.03%), Vitamin B2: 0.62mg (36.48%), Vitamin B12: 2.15µg (35.78%), Zinc: 5.32mg (35.44%), Vitamin C: 22.44mg (27.2%), Potassium: 935.15mg (26.72%), Vitamin A: 1009.46IU (20.19%), Magnesium: 69.57mg (17.39%), Vitamin B5: 1.6mg (15.98%), Vitamin E: 2.28mg (15.19%), Fiber:

3.56g (14.26%), Copper: 0.26mg (13.07%), Manganese: 0.23mg (11.54%), Folate: 36.75µg (9.19%), Vitamin K: 8.51µg (8.1%), Vitamin D: 0.25µg (1.64%)