



Meatball Sub Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



1536 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 1 loaf bread italian cut into slices
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 0.5 cup mayonnaise
- ☐ 1 pound meatballs frozen thawed
- ☐ 28 oz pasta sauce
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups mozzarella cheese shredded divided
- ☐ 1 cup water

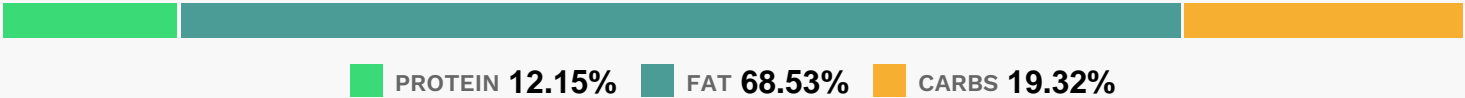
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Arrange bread slices in a single layer in an ungreased 13"x9" baking pan; set aside. In a bowl, combine cream cheese, mayonnaise and seasonings; spread over bread slices.
- ☐ Sprinkle with 1/2 cup cheese; set aside. Gently mix together meatballs, spaghetti sauce and water; spoon over cheese.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake, uncovered, at 350 degrees for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:4.68, Inflammation Score:-9, Nutrition Score:34.040000381677%

Nutrients (% of daily need)

Calories: 1536.28kcal (76.81%), Fat: 117.59g (180.91%), Saturated Fat: 52.85g (330.34%), Carbohydrates: 74.59g (24.86%), Net Carbohydrates: 67.41g (24.51%), Sugar: 44.95g (49.94%), Cholesterol: 194.91mg (64.97%), Sodium: 2134.36mg (92.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.93g (93.85%), Vitamin B1: 1.07mg (71.33%), Selenium: 44.16µg (63.08%), Vitamin B3: 12.12mg (60.58%), Phosphorus: 559.66mg (55.97%), Vitamin K: 56.99µg (54.27%), Vitamin B2: 0.79mg (46.73%), Vitamin A: 2034.63IU (40.69%), Calcium: 394.01mg (39.4%), Vitamin B12: 2.23µg (37.15%), Potassium: 1291.56mg (36.9%), Vitamin B6: 0.69mg (34.45%), Zinc: 5.14mg (34.26%), Iron: 5.84mg (32.47%), Vitamin E: 4.46mg (29.75%), Fiber: 7.18g (28.74%), Folate: 106.51µg (26.63%), Magnesium: 89.3mg (22.33%), Vitamin B5: 1.83mg (18.27%), Vitamin C: 14.7mg (17.81%), Copper: 0.32mg (15.76%), Manganese: 0.29mg (14.48%), Vitamin D: 0.28µg (1.87%)