



Meatball Sub Sandwiches

READY IN



33 min.

SERVINGS



33

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 unsplit bread rolls french (7 inch)
- 1 eggs beaten
- 1 lb ground beef
- 0.3 cup parmesan cheese grated kraft
- 1 cup classico family favorites pasta sauce traditional
- 0.5 cup mozzarella cheese shredded kraft
- 0.5 cup stove top stuffing mix for chicken in the canister
- 0.3 cup water

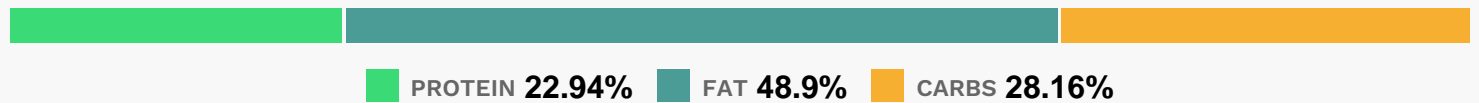
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375F.
- Add water to stuffing mix in medium bowl; stir just until moistened.
- Let stand 5 min.
- Add meat, egg and Parmesan; mix lightly. Shape into 12 (2-inch) meatballs.
- Place in 15x10x1-inch pan.
- Bake 15 to 20 min. or until done. Meanwhile, cut thin slice off top of each roll; set aside.
- Remove bread from insides of rolls, leaving 1/4-inch-thick shells. Reserve removed bread for another use.
- Fill each roll with 2 Tbsp. sauce and 3 meatballs; drizzle with additional 2 Tbsp. sauce.
- Sprinkle with mozzarella. Replace tops of rolls.
- Bake 2 to 3 min. or until mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:3.96, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:2.8017391186693%

Nutrients (% of daily need)

Calories: 70.02kcal (3.5%), Fat: 3.77g (5.79%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 4.52g (1.64%), Sugar: 0.78g (0.86%), Cholesterol: 16.75mg (5.58%), Sodium: 136.7mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Selenium: 5.77µg (8.24%), Vitamin B12: 0.36µg (5.93%), Vitamin B3: 1.05mg (5.27%), Zinc: 0.76mg (5.06%), Phosphorus: 46.6mg (4.66%), Manganese: 0.07mg (3.63%), Vitamin B2: 0.06mg (3.63%), Iron: 0.63mg (3.5%), Vitamin B6: 0.06mg (3.22%), Vitamin B1: 0.04mg

(2.95%), Folate: 11.33 μ g (2.83%), Calcium: 27.3mg (2.73%), Potassium: 77.29mg (2.21%), Magnesium: 7.06mg (1.76%), Copper: 0.03mg (1.61%), Vitamin B5: 0.16mg (1.59%), Fiber: 0.36g (1.45%), Vitamin E: 0.2mg (1.36%), Vitamin A: 57.51IU (1.15%)