



Meatball Sub Simmer

READY IN



370 min.

SERVINGS



10

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 lb meatball frozen fully cooked
- 24 oz classico family favorites pasta sauce traditional
- 6 sandwich buns split
- 1 cup water

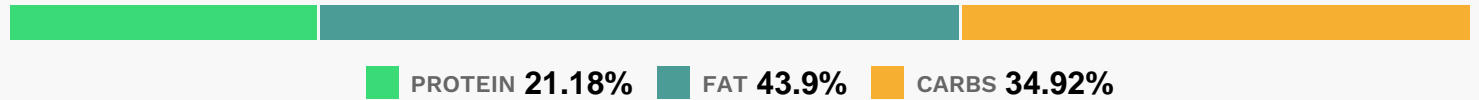
Equipment

- slow cooker

Directions

- Mix pasta sauce and water in slow cooker; stir well.
- Add meatballs; stir gently until evenly coated. Cover with lid.
- Cook on LOW 6 to 8 hours (or on HIGH 2 to 4 hours).
- Fill buns with meatballs and sauce; top with cheese.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.17, Inflammation Score:-4, Nutrition Score:11.278695515316%

Nutrients (% of daily need)

Calories: 250.05kcal (12.5%), Fat: 12.18g (18.74%), Saturated Fat: 4.37g (27.32%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 19.98g (7.27%), Sugar: 3.09g (3.43%), Cholesterol: 36.24mg (12.08%), Sodium: 569.8mg (24.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.43%), Selenium: 25.75µg (36.78%), Vitamin B1: 0.51mg (34.19%), Vitamin B3: 4.1mg (20.49%), Vitamin B2: 0.28mg (16.63%), Phosphorus: 157.88mg (15.79%), Vitamin B6: 0.26mg (12.81%), Iron: 2.19mg (12.15%), Manganese: 0.24mg (11.76%), Zinc: 1.63mg (10.84%), Potassium: 373.9mg (10.68%), Folate: 41.39µg (10.35%), Calcium: 92.87mg (9.29%), Copper: 0.16mg (7.98%), Vitamin E: 1.13mg (7.54%), Magnesium: 29.58mg (7.4%), Fiber: 1.81g (7.23%), Vitamin B5: 0.66mg (6.58%), Vitamin A: 324.72IU (6.49%), Vitamin C: 5.08mg (6.16%), Vitamin B12: 0.36µg (6.06%), Vitamin K: 2.2µg (2.1%)