



Meatball Subs

READY IN



29 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon crushed red pepper red crushed
- ☐ 1 large eggs
- ☐ 2 ounces fresh mozzarella cheese fresh thinly sliced
- ☐ 3 garlic cloves minced
- ☐ 12 ounces ground sirloin 90% lean ()
- ☐ 1.3 cups soy sauce
- ☐ 0.8 cup onion sliced
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 teaspoon salt

- ☐ 8 ounce sandwich buns
- ☐ 2 yellow bell peppers yellow halved seeded

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler
- ☐ grill pan

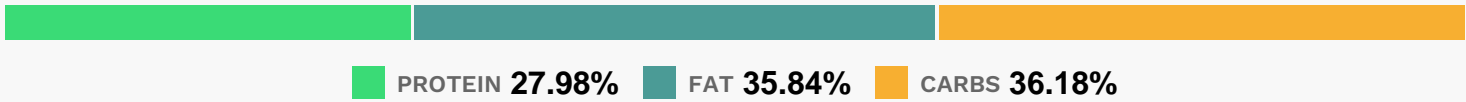
Directions

- ☐ Preheat broiler to high.
- ☐ Combine first 6 ingredients in a bowl; mix gently. Working with damp hands, gently shape beef mixture into 16 meatballs. Arrange meatballs in a single layer on a heavy-duty baking sheet coated with cooking spray, leaving 6 inches of open space on one end.
- ☐ Place bell pepper halves, skin sides up, on open space on pan. Broil 6 inches from heat for 7 minutes, turning meatballs once.
- ☐ Remove pan from oven.
- ☐ Place peppers in a small paper bag; fold to close tightly.
- ☐ Let stand for 10 minutes.
- ☐ Remove peppers from bag. Peel and slice into 1/4-inch-thick strips.
- ☐ Bring marinara sauce to a simmer in a large skillet over medium-low heat; add meatballs, tossing to coat. Keep warm.
- ☐ Heat a grill pan over medium-high heat; coat pan with cooking spray.
- ☐ Add onion slices; cook 4 minutes on each side or until charred.
- ☐ Remove onion from pan.
- ☐ Coat insides of buns with cooking spray, and broil 2 minutes or until toasted. Top each bun with 4 meatballs and 1/3 cup sauce. Divide peppers, onions, and cheese evenly among sandwiches; broil sandwiches 2 minutes or until bubbly and browned.

☐

Garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.91, Inflammation Score:0, Nutrition Score:28.871739024701%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

Nutrients (% of daily need)

Calories: 509.35kcal (25.47%), Fat: 20.26g (31.16%), Saturated Fat: 7.71g (48.21%), Carbohydrates: 46g (15.33%), Net Carbohydrates: 42.74g (15.54%), Sugar: 3.23g (3.59%), Cholesterol: 115.53mg (38.51%), Sodium: 3717.97mg (161.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.59g (71.17%), Vitamin C: 112.11mg (135.89%), Selenium: 44.21µg (63.16%), Phosphorus: 453.21mg (45.32%), Manganese: 0.83mg (41.59%), Vitamin B3: 8.28mg (41.39%), Vitamin B2: 0.67mg (39.28%), Zinc: 5.85mg (38.98%), Vitamin B12: 2.3µg (38.29%), Folate: 129.86µg (32.46%), Vitamin B6: 0.65mg (32.46%), Iron: 5.71mg (31.7%), Vitamin B1: 0.43mg (28.91%), Magnesium: 106.64mg (26.66%), Potassium: 830.58mg (23.73%), Calcium: 197.87mg (19.79%), Copper: 0.3mg (14.89%), Vitamin B5: 1.36mg (13.62%), Fiber: 3.26g (13.04%), Vitamin E: 1.12mg (7.46%), Vitamin A: 320.19IU (6.4%), Vitamin D: 0.39µg (2.61%), Vitamin K: 2.43µg (2.31%)