



Meatball Subs

READY IN



29 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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

Equipment

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

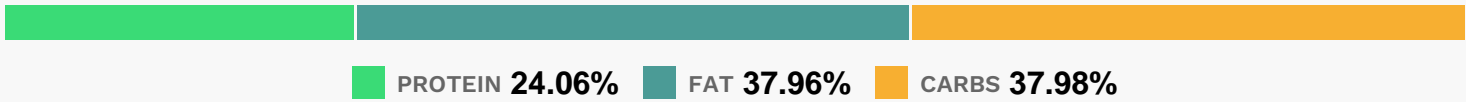
Directions

- ☐ 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.

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Garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:2.31, Inflammation Score:-8, Nutrition Score:26.844347881234%

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: 480.5kcal (24.03%), Fat: 20.25g (31.15%), Saturated Fat: 7.72g (48.24%), Carbohydrates: 45.59g (15.2%), Net Carbohydrates: 41.7g (15.16%), Sugar: 5.72g (6.35%), Cholesterol: 115.53mg (38.51%), Sodium: 1045.07mg (45.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.87g (57.75%), Vitamin C: 117.82mg (142.81%), Selenium: 44.28µg (63.25%), Vitamin B3: 8.12mg (40.59%), Vitamin B12: 2.3µg (38.29%), Zinc: 5.35mg (35.7%), Phosphorus: 334.16mg (33.42%), Vitamin B2: 0.52mg (30.4%), Iron: 5.34mg (29.68%), Vitamin B6: 0.59mg (29.66%), Vitamin B1: 0.42mg (27.95%), Manganese: 0.56mg (27.94%), Folate: 99.81µg (24.95%), Potassium: 773.93mg (22.11%), Calcium: 183.81mg (18.38%), Copper: 0.35mg (17.5%), Fiber: 3.89g (15.56%), Magnesium: 60.24mg (15.06%), Vitamin A: 673.8IU (13.48%), Vitamin B5: 1.34mg (13.42%), Vitamin E: 1.95mg (12.98%), Vitamin K: 4.72µg (4.49%), Vitamin D: 0.39µg (2.61%)