



Microwave Meatball Sandwich in Ten Minutes

READY IN



10 min.

SERVINGS



5

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce meatballs frozen cooked
- ☐ 10 slices provolone cheese
- ☐ 28 ounce spaghetti sauce
- ☐ 5 hoagie rolls split

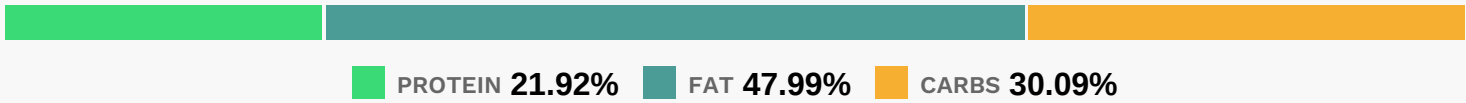
Equipment

- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Place the meatballs into a glass baking dish and heat in the microwave until hot, about 45 seconds per 6 meatballs.
- ☐ Remove from the microwave, add the spaghetti sauce, cover and return to the microwave.
- ☐ Heat until bubbly, 2 to 3 minutes depending on your microwave.
- ☐ Spoon the meatballs and sauce onto the rolls and top each one with two slices of provolone cheese. Return to the microwave and heat until cheese melts, about 15 seconds.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:25.9, Inflammation Score:-7, Nutrition Score:20.797391228054%

Nutrients (% of daily need)

Calories: 553.49kcal (27.67%), Fat: 29.61g (45.55%), Saturated Fat: 12.81g (80.06%), Carbohydrates: 41.76g (13.92%), Net Carbohydrates: 38.31g (13.93%), Sugar: 10.2g (11.33%), Cholesterol: 83.37mg (27.79%), Sodium: 1365.74mg (59.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.86%), Iron: 13.07mg (72.61%), Vitamin B1: 0.63mg (41.76%), Selenium: 25.99µg (37.13%), Phosphorus: 370.26mg (37.03%), Calcium: 327.01mg (32.7%), Vitamin B3: 5.08mg (25.38%), Vitamin B6: 0.49mg (24.37%), Vitamin B2: 0.41mg (24.22%), Zinc: 3.32mg (22.15%), Potassium: 751.77mg (21.48%), Vitamin A: 1027.38IU (20.55%), Vitamin B12: 1.11µg (18.51%), Vitamin E: 2.37mg (15.82%), Vitamin C: 11.67mg (14.14%), Fiber: 3.45g (13.79%), Magnesium: 49.54mg (12.38%), Vitamin B5: 1.2mg (12.02%), Copper: 0.23mg (11.41%), Manganese: 0.18mg (9.08%), Folate: 22.06µg (5.51%), Vitamin K: 5.28µg (5.03%), Vitamin D: 0.19µg (1.27%)