



Monster Meatball Sandwiches

 Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 16 dinner rolls fresh
- ☐ 9 oz mango chutney
- ☐ 32 meatballs frozen
- ☐ 16 oz pickle relish

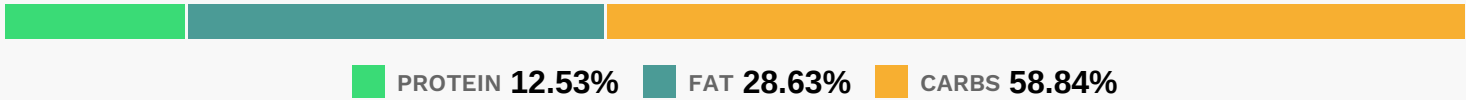
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together first 3 ingredients in a medium saucepan. Bring to a boil over medium-high heat; reduce heat to low, and simmer, stirring occasionally, 25 to 30 minutes.
- ☐ Cut rolls vertically through top, cutting to but not through bottom.
- ☐ Place 2 meatballs in each roll. Top with desired amount of relish.
- ☐ Note: For testing purposes only, we used Wickles Hoagie & Sub Sandwich Relish.
- ☐ To make ahead: Prepare meatballs as directed through Step Store in an airtight container in refrigerator 3 to 4 days.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:5.95, Inflammation Score:-4, Nutrition Score:9.8534782451132%

Nutrients (% of daily need)

Calories: 273.1kcal (13.65%), Fat: 8.82g (13.57%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 38.66g (14.06%), Sugar: 16.75g (18.61%), Cholesterol: 20.45mg (6.82%), Sodium: 530.51mg (23.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.36%), Selenium: 21.46µg (30.65%), Vitamin B1: 0.4mg (26.45%), Vitamin K: 24.92µg (23.73%), Manganese: 0.46mg (23%), Vitamin B3: 3.07mg (15.34%), Vitamin B2: 0.21mg (12.55%), Iron: 2.11mg (11.71%), Phosphorus: 101.31mg (10.13%), Fiber: 2.12g (8.49%), Calcium: 84.23mg (8.42%), Vitamin B6: 0.15mg (7.37%), Folate: 29.24µg (7.31%), Zinc: 1.06mg (7.08%), Vitamin A: 347.55IU (6.95%), Copper: 0.12mg (5.97%), Magnesium: 23mg (5.75%), Potassium: 151.82mg (4.34%), Vitamin B5: 0.35mg (3.5%), Vitamin B12: 0.2µg (3.32%), Vitamin E: 0.34mg (2.29%), Vitamin C: 1.88mg (2.28%)