



Nugget Parmigiana Sub

READY IN



17 min.

SERVINGS



17

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

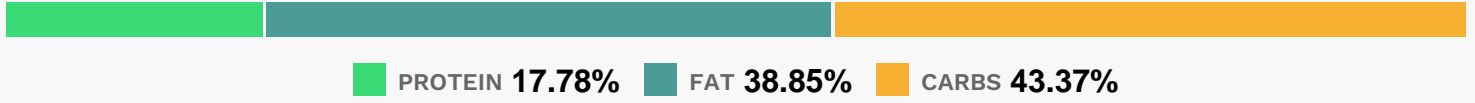
- 2 Tbsp classico family favorites pasta sauce warmed traditional
- 2 tsp reduced fat topping parmesan style grated kraft
- 1 Tbsp milk mozzarella cheese shredded 2% kraft
- 1 submarine roll split
- 4 boca original chickâ€™n veggie nuggets frozen

Equipment

Directions

- Cook nuggets as directed on package.
- Fill roll with nuggets and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:8.53, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:0.70000000087463%

Nutrients (% of daily need)

Calories: 27.94kcal (1.4%), Fat: 1.27g (1.95%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.6g (0.95%), Sugar: 0.57g (0.64%), Cholesterol: 1.2mg (0.4%), Sodium: 39.89mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Iron: 1.31mg (7.28%), Fiber: 0.58g (2.33%), Potassium: 41.22mg (1.18%), Calcium: 11.77mg (1.18%)