



Open-Faced Meatball Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce tomato sauce italian-style canned
- 1 large eggs
- 2 garlic cloves minced
- 1 pound ground round
- 0.3 cup italian-seasoned breadcrumbs
- 0.3 cup catsup
- 1 tablespoon onion grated
- 0.3 cup parmesan cheese shredded
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 3 hoagie rolls split toasted
- 5.5 ounce spicy vegetable juice canned

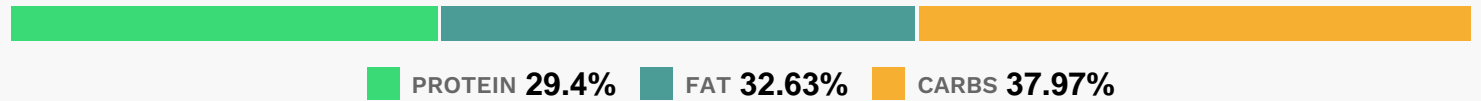
Equipment

- frying pan
- paper towels

Directions

- Combine first 9 ingredients; shape into 1-inch balls.
- Brown meatballs in a large skillet over medium heat; drain. Wipe skillet clean with a paper towel.
- Add tomato sauce and vegetable juice to skillet. Cook over medium heat, stirring often, 5 minutes. Return meatballs to skillet; cover and cook, stirring occasionally, 15 minutes or until meatballs are no longer pink. Spoon over rolls.

Nutrition Facts



Properties

Glycemic Index:46.17, Glycemic Load:13.24, Inflammation Score:-5, Nutrition Score:15.040000044781%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 308.39kcal (15.42%), Fat: 11.13g (17.12%), Saturated Fat: 4.14g (25.86%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 26.9g (9.78%), Sugar: 8.2g (9.11%), Cholesterol: 83.04mg (27.68%), Sodium: 1029.45mg (44.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.12%), Iron: 8.35mg (46.39%), Vitamin B12: 1.82µg (30.3%), Zinc: 4.13mg (27.52%), Selenium: 18.34µg (26.2%), Vitamin B3: 5.12mg (25.59%), Phosphorus: 220.2mg (22.02%), Vitamin B6: 0.41mg (20.41%), Vitamin C: 13.68mg (16.58%), Potassium: 569.75mg (16.28%), Vitamin B2: 0.26mg (15.41%), Vitamin A: 663.04IU (13.26%), Vitamin E: 1.52mg (10.16%), Calcium: 96.66mg (9.67%), Manganese:

0.19mg (9.6%), Fiber: 2.23g (8.92%), Vitamin B5: 0.87mg (8.71%), Copper: 0.17mg (8.65%), Magnesium: 33.51mg (8.38%), Vitamin B1: 0.12mg (8.12%), Folate: 24.32µg (6.08%), Vitamin K: 6.21µg (5.92%), Vitamin D: 0.26µg (1.75%)