



Prego® Easy Meatball Parm Hero

READY IN



30 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups sauce italian traditional prego®
- ☐ 1 ounce meatballs frozen fully-cooked
- ☐ 4 servings parmesan cheese grated
- ☐ 1 cup mozzarella cheese shredded
- ☐ 4 long rolls split hard

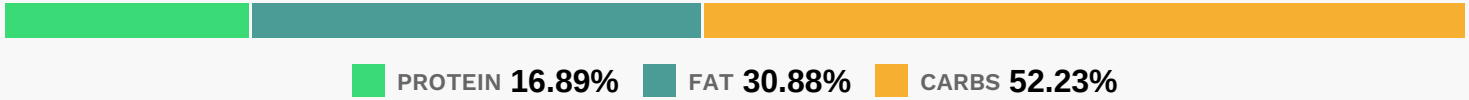
Equipment

- ☐ sauce pan

Directions

- ☐
- Heat the sauce and meatballs in a 3-quart saucepan over medium-high heat to a boil. Reduce the heat to low. Cook for 20 minutes or until the meatballs are heated through, stirring occasionally.
- ☐
- Spoon the meatballs and sauce into the rolls. Top with the mozzarella and Parmesan cheeses.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:23.13, Inflammation Score:-3, Nutrition Score:10.501304424165%

Nutrients (% of daily need)

Calories: 546.5kcal (27.32%), Fat: 18.48g (28.43%), Saturated Fat: 8.89g (55.56%), Carbohydrates: 70.33g (23.44%), Net Carbohydrates: 69.26g (25.19%), Sugar: 31.97g (35.52%), Cholesterol: 53.32mg (17.77%), Sodium: 2416.58mg (105.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.74g (45.49%), Iron: 10.97mg (60.95%), Calcium: 413.98mg (41.4%), Phosphorus: 301.72mg (30.17%), Selenium: 17µg (24.29%), Vitamin B12: 1.09µg (18.22%), Zinc: 2.27mg (15.15%), Vitamin B2: 0.2mg (11.73%), Vitamin A: 449.28IU (8.99%), Vitamin B1: 0.07mg (4.56%), Magnesium: 17.45mg (4.36%), Fiber: 1.07g (4.26%), Vitamin B6: 0.06mg (3.09%), Potassium: 96.82mg (2.77%), Vitamin B5: 0.18mg (1.84%), Vitamin B3: 0.36mg (1.8%), Vitamin D: 0.26µg (1.75%), Manganese: 0.03mg (1.73%), Vitamin E: 0.21mg (1.37%), Vitamin K: 1.15µg (1.1%), Folate: 4.11µg (1.03%)