



Sausage Meatball Sub

READY IN



25 min.

SERVINGS



6

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 6 tablespoons mozzarella cheese grated
- 0.5 cup oatmeal
- 0.3 cup parmesan cheese grated
- 1 pound ground sausage italian bob evans®
- 26 ounce pasta sauce
- 6 portugese rolls

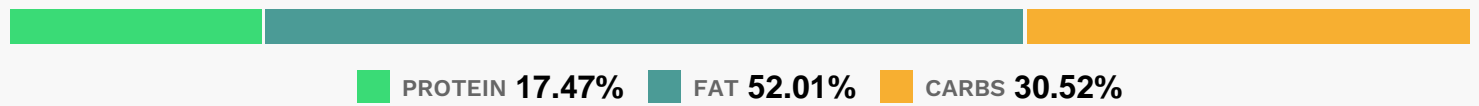
Equipment

- bowl
- frying pan

Directions

- In bowl, combine sausage, oatmeal, eggs and Parmesan cheese. Shape into 1 inch balls. In skillet over medium heat, cook meatballs until browned and cooked through. Reduce heat to low.
- Add spaghetti sauce and cook until sauce is hot. Spoon meatballs and sauce into buns and top with mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:38.92, Glycemic Load:26.5, Inflammation Score:-5, Nutrition Score:18.07608693579%

Nutrients (% of daily need)

Calories: 560.98kcal (28.05%), Fat: 32.42g (49.87%), Saturated Fat: 11.68g (73%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 39.57g (14.39%), Sugar: 8.97g (9.96%), Cholesterol: 127.32mg (42.44%), Sodium: 1614.68mg (70.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.5g (48.99%), Iron: 13.24mg (73.54%), Selenium: 29.01µg (41.44%), Vitamin B1: 0.49mg (32.34%), Phosphorus: 263.29mg (26.33%), Vitamin B12: 1.21µg (20.2%), Vitamin B2: 0.33mg (19.6%), Vitamin B6: 0.38mg (19.1%), Vitamin B3: 3.75mg (18.74%), Zinc: 2.62mg (17.46%), Potassium: 608.88mg (17.4%), Calcium: 158.67mg (15.87%), Manganese: 0.3mg (15.01%), Vitamin A: 747.13IU (14.94%), Vitamin E: 1.99mg (13.25%), Fiber: 3.24g (12.95%), Vitamin C: 10.11mg (12.26%), Copper: 0.23mg (11.5%), Vitamin B5: 1.08mg (10.85%), Magnesium: 40.44mg (10.11%), Folate: 26.45µg (6.61%), Vitamin K: 3.95µg (3.76%), Vitamin D: 0.37µg (2.49%)