



Sloppy Joe Meatball Hoagies

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



644 kcal

Ingredients

- 1 small bell pepper diced green
- 15.5 ounce sloppy joe sauce canned
- 30 meatballs frozen cooked
- 4 hoagie buns split toasted
- 1 small onion diced sweet
- 1 tablespoon vegetable oil

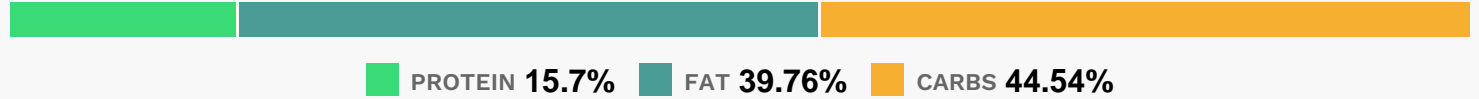
Equipment

- frying pan

Directions

- Saut onion and pepper in hot oil in a large skillet over medium-high heat for 3 minutes.
- Add sauce and meatballs; cook 10 more minutes or until thoroughly heated, stirring often. Spoon evenly onto hoagie buns.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:23.02, Inflammation Score:-4, Nutrition Score:15.91695659057%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.42mg, Quercetin: 12.42mg, Quercetin: 12.42mg, Quercetin: 12.42mg

Nutrients (% of daily need)

Calories: 643.65kcal (32.18%), Fat: 28.06g (43.17%), Saturated Fat: 8.79g (54.95%), Carbohydrates: 70.71g (23.57%), Net Carbohydrates: 68.59g (24.94%), Sugar: 34.31g (38.12%), Cholesterol: 75.6mg (25.2%), Sodium: 1676.75mg (72.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.86%), Iron: 11.85mg (65.85%), Vitamin B1: 0.81mg (54.2%), Selenium: 26.24µg (37.49%), Vitamin B6: 0.55mg (27.56%), Vitamin B3: 4.75mg (23.77%), Vitamin C: 19.58mg (23.73%), Phosphorus: 209.79mg (20.98%), Zinc: 2.44mg (16.28%), Vitamin B2: 0.27mg (15.79%), Potassium: 432.2mg (12.35%), Vitamin B12: 0.74µg (12.25%), Fiber: 2.12g (8.5%), Vitamin B5: 0.8mg (8.01%), Vitamin K: 7.87µg (7.5%), Magnesium: 29.25mg (7.31%), Folate: 26.13µg (6.53%), Copper: 0.11mg (5.29%), Manganese: 0.1mg (4.8%), Calcium: 39.49mg (3.95%), Vitamin E: 0.36mg (2.42%), Vitamin A: 76.63IU (1.53%)