



Turkey Meatball Subs

READY IN



45 min.

SERVINGS



6

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large eggs
- 0.3 teaspoon garlic powder
- 1 pound pd of ground turkey
- 6 small hero rolls italian
- 3 tablespoons olive oil
- 0.3 cup parmesan finely grated
- 6 slices provolone cheese
- 0.5 teaspoon salt
- 0.5 cup seasoned bread crumbs

24 oz tomato sauce low-sodium

Equipment

bowl

baking sheet

pot

aluminum foil

broiler

Directions

Combine turkey, bread crumbs, egg, Parmesan, salt and garlic powder in a large bowl.

Mix gently with hands. Form into 1 dozen 2-inch balls.

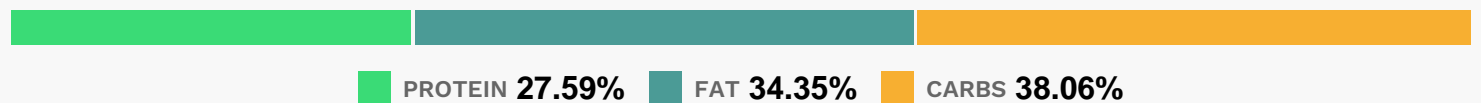
Warm oil in a large nonstick pot over medium heat. Cook meatballs, turning occasionally, until brown on all sides, 6 to 8 minutes.

Add sauce, bring to a simmer, reduce heat to medium-low and simmer until meatballs are cooked through, about 15 minutes.

Preheat broiler to high. Line a baking sheet with foil.

Remove doughy centers from rolls and place 1 cheese slice in each. Broil until cheese melts, 1 to 2 minutes. Spoon meatballs and sauce into rolls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:25.05, Inflammation Score:-6, Nutrition Score:20.239130248194%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 480.66kcal (24.03%), Fat: 18.49g (28.44%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 46.08g (15.36%), Net Carbohydrates: 42.81g (15.57%), Sugar: 9.12g (10.13%), Cholesterol: 88.62mg (29.54%), Sodium: 1412.9mg (61.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.41g (66.83%), Iron: 13.14mg (73%), Vitamin B3: 9.13mg (45.64%), Vitamin B6: 0.81mg (40.5%), Selenium: 26.14µg (37.34%), Phosphorus: 360.1mg (36.01%), Calcium: 240.66mg (24.07%), Vitamin E: 2.86mg (19.07%), Vitamin B2: 0.31mg (18.1%), Potassium: 626.06mg (17.89%), Zinc: 2.56mg (17.09%), Vitamin A: 773.96IU (15.48%), Vitamin B12: 0.82µg (13.7%), Vitamin B5: 1.32mg (13.16%), Fiber: 3.27g (13.07%), Magnesium: 51.79mg (12.95%), Vitamin B1: 0.18mg (11.95%), Vitamin K: 12.5µg (11.91%), Manganese: 0.23mg (11.55%), Copper: 0.21mg (10.59%), Vitamin C: 8.21mg (9.95%), Folate: 34.32µg (8.58%), Vitamin D: 0.58µg (3.9%)