



Turkey Meatball Subs with Marinara Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 large eggs lightly beaten
- 0.5 teaspoon garlic salt
- 1 pound pd of ground turkey
- 0.3 cup italian-seasoned breadcrumbs
- 1 tablespoon penzey's southwest seasoning italian
- 1.5 cups tomatoes fat-free (such as Colavita)
- 3 ounces preshredded part-skim mozzarella cheese
- 0.5 cup quick-cooking oats uncooked

- 12 ounce lite wheat hot dog buns
- 2 teaspoons worcestershire sauce

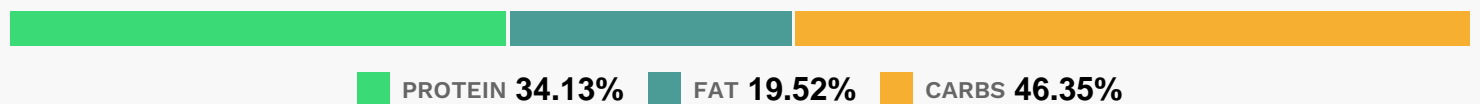
Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Preheat oven to 400
- Combine first 7 ingredients in a large bowl.
- Roll into 18 (1 1/2-inch) meatballs. Dredge meatballs in breadcrumbs. Arrange meatballs on a jelly roll pan coated with cooking spray. Coat meatballs with cooking spray.
- Bake at 400 for 15 minutes or until done.
- Pour marinara sauce into a 2-cup glass measure. Cover and microwave at HIGH 1 minute or until thoroughly heated.
- Place 3 meatballs on each bun. Spoon 1/4 cup marinara sauce over each sandwich; sprinkle each with 2 tablespoons cheese.
- Place sandwiches on same jelly roll pan.
- Bake at 400 for 5 minutes or until cheese melts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:20.63, Inflammation Score:-6, Nutrition Score:21.230869593828%

Nutrients (% of daily need)

Calories: 353.66kcal (17.68%), Fat: 7.7g (11.85%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 37.96g (13.8%), Sugar: 7.12g (7.91%), Cholesterol: 81.7mg (27.23%), Sodium: 995.57mg (43.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.3g (60.6%), Selenium: 40.68µg (58.12%), Vitamin B3: 10.75mg (53.77%), Vitamin B6: 0.79mg (39.6%), Manganese: 0.78mg (38.99%), Phosphorus: 369.9mg (36.99%), Vitamin B1: 0.46mg (30.86%), Vitamin B2: 0.4mg (23.8%), Iron: 4.27mg (23.74%), Calcium: 236.22mg (23.62%), Folate: 80.31µg (20.08%), Zinc: 2.69mg (17.96%), Magnesium: 71.61mg (17.9%), Potassium: 560.9mg (16.03%), Fiber: 3.19g (12.78%), Vitamin K: 12.54µg (11.94%), Vitamin B12: 0.71µg (11.78%), Copper: 0.23mg (11.67%), Vitamin B5: 1.08mg (10.81%), Vitamin E: 1.41mg (9.4%), Vitamin A: 423.72IU (8.47%), Vitamin C: 5.44mg (6.59%), Vitamin D: 0.51µg (3.41%)