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Meatball Sub

A classic sandwich made with meatballs, marinara sauce, and melted cheese, served on a sub roll. It's a popular Italian-American dish that is often enjoyed for lunch or dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Ground Beef
100 g	breadcrumbs
1 pieces	Egg
2 cloves	garlic
50 g	Parmesan Cheese

50 ml	milk
1 tsp	salt
1 tsp	pepper
400 g	marinara sauce
4 pieces	sub rolls
200 g	mozzarella cheese
8 leaves	Fresh Basil

Directions

Step 1

Mixing

In a large bowl, mix together the ground beef, breadcrumbs, egg, minced garlic, grated Parmesan cheese, milk, salt, and pepper.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Shaping

Shape the mixture into meatballs, about 1 inch in diameter.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Frying

In a large skillet, heat some olive oil over medium heat. Add the meatballs and cook until browned on all sides, about 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Simmering

Pour the marinara sauce into the skillet with the meatballs. Simmer for 10 minutes, until the meatballs are cooked through and the sauce is heated.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Preheating, slicing, sprinkling

Preheat the oven to 350°F (175°C). Slice the sub rolls in half lengthwise. Place the meatballs and sauce on the bottom half of each roll. Sprinkle with mozzarella cheese and place the top half of the roll on top.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Baking

Bake in the preheated oven for 5 minutes, until the cheese is melted and the rolls are toasted.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Garnishing

Garnish with fresh basil leaves before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 22 g

Protein: 30 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	22 g	78.57%	88%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	90 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	30 mg	3%	3%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	25 mg	227.27%	312.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Cuisines

Italian

Course

Desserts

Salads

Snacks

Cultural

Chinese New Year

Christmas

Halloween

Cost

\$10 to \$20

\$20 to \$30

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Ketogenic Diet

Vegetarian Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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