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## Sweet/Spicy Meatball on Medium White Sub

This recipe combines the flavors of sweet and spicy meatballs on a medium white sub, topped with mayo and cheese. It is a delicious and satisfying meal that can be enjoyed for lunch or dinner. The meatballs are made with a blend of ground meat, breadcrumbs, and spices, and are cooked in a flavorful sauce. The sub is then assembled with the meatballs, mayo, and cheese, and toasted until the cheese is melted and bubbly. Serve with a side of fries or a salad for a complete meal.

**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 Meat
100 g	breadcrumbs

<b>1</b> <b>pieces</b>	Egg
<b>100 g</b>	onion
<b>2</b> <b>cloves</b>	garlic
<b>30 ml</b>	soy sauce
<b>50 g</b>	brown sugar
<b>50 g</b>	ketchup
<b>15 ml</b>	hot sauce
<b>100 g</b>	mayo
<b>100 g</b>	cheese
<b>4</b> <b>pieces</b>	medium white sub

## Directions

### Step 1

#### Mixing

In a large bowl, combine the ground meat, breadcrumbs, egg, finely chopped onion, minced garlic, soy sauce, and brown sugar. Mix until well combined.

**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

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## Step 3

### Frying

In a large skillet, heat some oil over medium heat. Add the meatballs and cook until browned on all sides, about 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 4

### Heating

In a small saucepan, combine the ketchup, hot sauce, and a splash of water. Heat over low heat until warmed through.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 5

### Simmering

Add the cooked meatballs to the saucepan and stir to coat them evenly with the sauce. Simmer for 5 minutes to allow the flavors to meld.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Spreading

Slice the medium white sub lengthwise, leaving one side intact. Spread mayo on both sides of the sub.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Assembling

Place the meatballs on one side of the sub, then top with cheese. Close the sub and place it on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 9

**Baking**

Bake the sub in the preheated oven for 5 minutes, or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 10

**Serving**

Remove the sub from the oven and let it cool for a few minutes. Slice into individual servings and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	200 mg	20%	20%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Barbecue Game Day

### Cuisines

Italian American

### Nutritional Content

Low Calorie Low Fat Low Carb

### Kitchen Tools

Blender Slow Cooker

### Course

Appetizers Main Dishes Side Dishes Desserts Salads Sauces & Dressings

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium



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