

Mini Meatball Subs

Yield: 30 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/better-homes-and-gardens-italian-mini-meatball-recipe>

Ingredients:

- 3/4 cup water warm, 110°F
- 1 teaspoon active dry yeast
- 1 3/4 teaspoons sugar
- 1/2 cup nonfat dry milk powder
- 2 large eggs
- 2 cups bread flour plus more for kneading
- 3/4 teaspoon coarse salt
- 4 tablespoons unsalted butter room temperature, cut into small pieces
- 1 teaspoon extra virgin olive oil
- 2 quarts marinara sauce
- 2 teaspoons extra virgin olive oil
- 4 garlic cloves minced
- 1 pound ground beef 20 percent fat
- 1 cup bread crumbs
- 2 large eggs
- 1 cup grated Parmesan cheese
- 1/2 cup fresh flat leaf parsley chopped
- 1/4 cup shaved Parmesan cheese for garnish, optional
- basil Baby, sprigs, for garnish, optional

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 45 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 470 milligrams

9. Sugar: 7 grams

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