

Pops Italian Meatball Subs

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meatball-recipe-with-hamburger>

Ingredients:

- 1 pound hamburger meat lean
- 1 egg
- 1 can chopped tomatoes
- 1 jar spaghetti sauce Good, your choice
- 3 cups Italian breadcrumbs
- 1 garlic clove chopped
- 1 small onion chopped
- 1 teaspoon pepper
- 1/2 teaspoon salt
- hoagie buns
- cheese toppings of your choice

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 91 grams
3. Cholesterol: 140 milligrams
4. Fat: 31 grams
5. Fiber: 11 grams
6. Protein: 42 grams
7. SaturatedFat: 11 grams
8. Sodium: 2760 milligrams
9. Sugar: 24 grams
10. TransFat: 1 grams

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