

Easy Italian Meatball Sub

Yield: 6 min
Total Time: 405 min

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

Ingredients:

- 1 pound ground turkey or ground beef
- 1 egg
- 3/4 cup plain bread crumbs
- garlic salt
- salt
- pepper
- 1 tablespoon milk
- 15 ounces tomato sauce
- 2 tablespoons Italian seasoning
- 1 1/2 teaspoons garlic salt
- 1 cup Parmesan cheese grated
- 2 cups mozzarella cheese shredded
- 6 hoagie buns

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 135 milligrams
4. Fat: 24 grams
5. Fiber: 4 grams
6. Protein: 36 grams
7. SaturatedFat: 11 grams
8. Sodium: 1370 milligrams
9. Sugar: 9 grams

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