



MEATBALL HEROES

Nutrition Facts Report
Source: Custom

Yield: 6 (1.000 item(s))
No. Ingredients: 13

Category: Basic Food
Manufacturer: (None)

Ingredients

- 1.000 lb. Ground Beef, Lean, Raw
- 0.500 lb. Sausage, Italian, Turkey, Smoked
- 75.000 g Plain Bread Crumbs
- 1.000 item Egg, Raw
- 3.000 item Garlic Clove
- 0.250 t. Table Salt
- 0.250 t. Ground Black Pepper
- 0.500 c. Onions, Chopped
- 26.000 oz. Spaghetti or Marinara Pasta Sauce, Ready-to-Serve
- 2.000 T. FLEISCHMANN'S Balsamic Vinegar
- 1.500 t. MRS. DASH Italian Medley Seasoning
- 6.000 item Cobblestone Mill White Sub Roll
- 1.000 c. SARGENTO FANCY Shredded Monterey Jack Cheese

Nutrition Facts

Serving Size 1.00 item(s) (495g)

Amount Per Serving			
Calories 986		Calories from Fat 257	
		% Daily Value	
Total Fat	28.6g		44 %
Saturated Fat	11.2g		56 %
Trans Fat	0.3g		
Cholesterol	120.5mg		40 %
Sodium	2398.2mg		100 %
Total Carbohydrate	129.7g		43 %
Dietary Fiber	7.7g		31 %
Sugars	23.7g		
Protein	48.5g		
Vitamin A	5 %	Calcium	22 %
Vitamin C	28 %	Iron	38 %

Instructions