

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49871

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hot Dog Buns - White Wheat	1 Each	READY_TO_EAT	53460
MEATBALL CHIX 1Z	3 Each	BAKE Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Conventional Oven 30-33 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Convection Oven 15-18 minutes at 350°F from frozen.	190302
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	8 Tablespoon		592714
Cheese, Mozzarella light, Shred FRZ	1 Ounce		100034

Preparation Instructions

Heat meatballs to 165 degrees, combine with marinara sauce, place in bun and add cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.780
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving			
Calories		435.00	
Fat		18.00g	
SaturatedFat		4.50g	
Trans Fat*		0.00g	
Cholesterol		65.00mg	
Sodium		1070.00mg	
Carbohydrates		41.00g	
Fiber		6.00g	
Sugar		4.00g	
Protein		31.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	112.00mg	Iron	3.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available