

Meatball Grinders

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Servings: 6

3 cans (14 ounce ea) pizza sauce
1 jar (10 ounce) apple jelly
1 teaspoon Italian seasoning
1 teaspoon salt
1 teaspoon freshly ground black pepper
1 package (14 ounce) Armour original bite-size meatballs, thawed
6 hoagie rolls, split lengthwise
1 cup mozzarella cheese, shredded

Preparation Time: 15 minutes

In a large saucepan, mix the pizza sauce, apple jelly, Italian seasoning, salt and pepper. Bring to a low boil over medium heat.

Place the frozen meatballs into the sauce mixture. Cover and simmer over medium heat for 20 minutes or until the meatballs are done, stirring occasionally.

While the meatballs are cooking, preheat the oven to 375 degrees.

Place the split hoagie rolls on a large baking sheet.

Place several meatballs and the desired amount of sauce on each roll. Layer with mozzarella cheese.

Place the rolls in the oven for 2 to 3 minutes or until the cheese is melted.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown items): 355 Calories; 11g Fat (28.0% calories from fat); 13g Protein; 53g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 1603mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	355	Vitamin B6 (mg):	.3mg
% Calories from Fat:	28.0%	Vitamin B12 (mcg):	.1mcg

% Calories from Carbohydrates:	57.7%
% Calories from Protein:	14.4%
Total Fat (g):	11g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	17mg
Carbohydrate (g):	53g
Dietary Fiber (g):	2g
Protein (g):	13g
Sodium (mg):	1603mg
Potassium (mg):	549mg
Calcium (mg):	135mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	16mg
Vitamin A (i.u.):	1373IU
Vitamin A (r.e.):	171 1/2RE

Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	18mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	1/2
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 355	Calories from Fat: 99
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% Daily Values*

Total Fat 11g	17%
Saturated Fat 4g	18%
Cholesterol 17mg	6%
Sodium 1603mg	67%
Total Carbohydrates 53g	18%
Dietary Fiber 2g	8%
Protein 13g	
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Vitamin A	27%
Vitamin C	27%
Calcium	14%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.