

# Cheese-Stuffed Meatball Sliders

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## Servings: 16

1 1/2 pounds bulk Italian sausage  
16 cubes part-skim mozzarella cheese  
1 jar (24 ounce) spaghetti sauce  
1 jar (8.1 ounce) prepared pesto  
16 dinner rolls, split and toasted

## Preparation Time: 15 minutes

### Bake: 25 minutes

Preheat the oven to 350 degrees.

Divide the sausage into sixteen portions. Shape each portion around a cube of cheese. Place on a greased rack in a shallow baking pan.

Bake for 25 to 30 minutes or until the meat is no longer pink. Remove to paper towels to drain.

Meanwhile, in a large saucepan, combine the spaghetti sauce and pesto. Bring to a boil over medium heat, stirring occasionally.

Add the meatballs and heat through, stirring gently.

Serve on the rolls.

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Per Serving (excluding unknown items): 102 Calories; 3g Fat (24.5% calories from fat); 3g Protein; 17g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 225mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1/2 Fat.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	102
% Calories from Fat:	24.5%
% Calories from Carbohydrates:	65.1%
% Calories from Protein:	10.4%
Total Fat (g):	3g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg

**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** trace  
**Carbohydrate (g):** 17g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 3g  
**Sodium (mg):** 225mg  
**Potassium (mg):** 97mg  
**Calcium (mg):** 38mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 191IU  
**Vitamin A (r.e.):** 19RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 16

### Amount Per Serving

**Calories** 102 **Calories from Fat:** 25

### % Daily Values\*

<b>Total Fat</b>	3g	4%
Saturated Fat	1g	3%
<b>Cholesterol</b>	trace	0%
<b>Sodium</b>	225mg	9%
<b>Total Carbohydrates</b>	17g	6%
Dietary Fiber	1g	6%
<b>Protein</b>	3g	
<b>Vitamin A</b>		4%
<b>Vitamin C</b>		3%
<b>Calcium</b>		4%
<b>Iron</b>		5%

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