

Meatball Sub Casserole

Publix Aprons

Servings: 6

cooking spray

1 (8 ounce) bakery baguette

12 frozen beef/pork Italian-style meatballs

2 cups shredded mozzarella cheese, divided

1/4 cup light garlic-herb cheese spread

2 tablespoons reduced-fat mayonnaise

1 1/2 cups tomato-basil pasta sauce

1 tablespoon Italian bread crumbs

Preheat the oven to 400 degrees.

Coat a nine-inch-square baking dish with spray.

Cut six to eight one-inch-thick slices from the baguette. Place the bread in the baking dish, packing it in tightly to fit.

Cook the meatballs following the package microwave directions.

In a bowl, combine one cup of the mozzarella cheese, the garlic/herb spread and the mayonnaise. Spread the mixture evenly over the bread.

Bake for 6 to 7 minutes or until the cheese is bubbly.

Stir the pasta sauce into the meatballs. Spoon over the top of the bread. Top with the remaining one cup of the mozzarella cheese. Sprinkle with bread crumbs.

Bake for 4 to 6 minutes or until the cheese melts and the sauce is hot.

Serve.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 138 Calories; 11g Fat (69.7% calories from fat); 8g Protein; 2g Carbohydrate; trace Dietary Fiber; 35mg Cholesterol; 214mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	138	Vitamin B6 (mg):	trace
% Calories from Fat:	69.7%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	6.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	24.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	11g	Folacin (mcg):	4mcg
Saturated Fat (g):	6g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	35mg	% Refused:	n n%
Carbohydrate (g):	2g		
Dietary Fiber (g):	trace	Food Exchanges	
Protein (g):	8g	Grain (Starch):	0
Sodium (mg):	214mg	Lean Meat:	1
Potassium (mg):	32mg	Vegetable:	0
Calcium (mg):	219mg	Fruit:	0
Iron (mg):	trace	Non-Fat Milk:	0
Zinc (mg):	1mg	Fat:	1 1/2
Vitamin C (mg):	trace	Other Carbohydrates:	0
Vitamin A (i.u.):	342IU		
Vitamin A (r.e.):	102 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	138	Calories from Fat:	96
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% Daily Values*

Total Fat	11g	16%
Saturated Fat	6g	30%
Cholesterol	35mg	12%
Sodium	214mg	9%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	0%
Protein	8g	
Vitamin A		7%
Vitamin C		0%
Calcium		22%
Iron		1%

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