

Cheese-Stuffed Meatball Sliders

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Taste of Home Magazine - August/September 2012

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.

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	Vitamin B6 (mg):	.1mg
% Calories from Fat:	24.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	65.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	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: n n%

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*

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

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