



 **81%**  
HEALTH SCORE

## Fried Meatball Sandwich with Giardiniera

 Very Healthy

READY IN



1005 min.

SERVINGS



4

CALORIES



2138 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 ciabatta buns split
- 5 large eggs
- 1 cup parsley leaves fresh chopped
- 2 cloves garlic minced
- 3 pounds ground beef
- 1 pound ground pork
- 1 pound ground veal (if you don't like veal, just use more beef)
- 1 cup giardiniera hot homemade store-bought roughly chopped (or )

- 1 jar tomatoes warmed your favorite
- 4 servings olive oil for frying
- 1 cup panko breadcrumbs
- 1.5 cups pecorino cheese grated
- 8 slices provolone cheese
- 1 jar roasted peppers red sliced into strips
- 4 servings salt and freshly cracked pepper black

## Equipment

- oven
- whisk
- mixing bowl

## Directions

- Watch how to make this recipe.
- For the meatballs: Preheat the oven to broil. In a large mixing bowl, whisk together the eggs, Romano, parsley, garlic, and some salt and pepper until it is all incorporated.
- Add in the ground meats and breadcrumbs and, using your God-given hands, get after it and mix away. Do not overwork the meat or it will turn "meat-loafy." You want it loose and supple. Using your hands again, make 4 loose patties to match the size of your bread. (The mixture will form at least 10 patties, depending on how big your buns are. But I like to make some patties for sandwiches and then roll the rest to make meatballs, which I then freeze so I have meatballs at the ready.)
- Place 1 slice of cheese on each side of the buns and broil in the oven until the cheese is brown and bubbly, 1 to 2 minutes, but keep watch! On the cheesy buns, add the patties, spoon over some marinara, top with some pepper slices and pile on some giardiniera. Then eat the hell out of them.
- Serve with more marinara sauce on the side.

## Nutrition Facts



■ PROTEIN 25.28% ■ FAT 58.1% ■ CARBS 16.62%

## Properties

Glycemic Index:40.25, Glycemic Load:3.79, Inflammation Score:-10, Nutrition Score:68.651739327804%

## Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 2137.82kcal (106.89%), Fat: 146.7g (225.69%), Saturated Fat: 53.98g (337.4%), Carbohydrates: 94.42g (31.47%), Net Carbohydrates: 89.03g (32.38%), Sugar: 7.84g (8.71%), Cholesterol: 713.89mg (237.96%), Sodium: 5166.01mg (224.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 143.6g (287.19%), Vitamin K: 261.43µg (248.98%), Vitamin B12: 11.18µg (186.28%), Selenium: 123.53µg (176.47%), Phosphorus: 1662.03mg (166.2%), Zinc: 24.11mg (160.73%), Vitamin B3: 31.29mg (156.47%), Vitamin B6: 2.53mg (126.6%), Vitamin B2: 1.84mg (107.96%), Vitamin C: 78.1mg (94.66%), Calcium: 925.06mg (92.51%), Vitamin B1: 1.34mg (89.08%), Iron: 14.13mg (78.49%), Potassium: 2519.7mg (71.99%), Vitamin A: 3277.3IU (65.55%), Vitamin B5: 5.96mg (59.58%), Magnesium: 189.29mg (47.32%), Copper: 0.82mg (40.98%), Folate: 147.82µg (36.96%), Vitamin E: 5.5mg (36.64%), Manganese: 0.61mg (30.56%), Fiber: 5.39g (21.55%), Vitamin D: 1.97µg (13.12%)