



Grilled Meatball Sandwich

READY IN



55 min.

SERVINGS



4

CALORIES



1320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula leaves packed
- ☐ 1 large baguette
- ☐ 4 eggs lightly beaten
- ☐ 2 Tbs flat-leaf parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 2 lb ground beef
- ☐ 1 tsp kosher salt plus more, to taste
- ☐ 2 tsp kosher salt
- ☐ 4 servings oil for grill

- ☐ 1 cup olive oil extra-virgin
- ☐ 0.3 cup panko bread crumbs
- ☐ 0.3 cup parmigiano-reggiano cheese grated
- ☐ 0.5 cup parmigiano-reggiano cheese grated
- ☐ 8 oz provolone cheese thinly sliced
- ☐ 1 tsp pepper flakes red
- ☐ 0.5 cup ricotta cheese
- ☐ 0.5 cup walnut pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ tongs

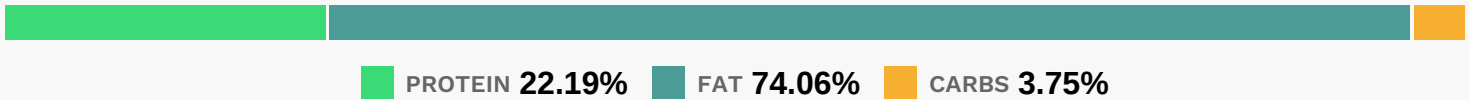
Directions

- ☐ To make the arugula pesto, in a food processor, combine the walnuts, garlic, arugula, Parmigiano-Reggiano and the 1 tsp. salt and pulse to blend. With the machine running, pour in the olive oil through the feed tube in a slow, steady stream and process until smooth, stopping to scrape down the sides of the bowl as needed. Taste and adjust the seasonings with salt. Set aside.
- ☐ In a large bowl, combine the ground beef, ricotta, Parmigiano-Reggiano, bread crumbs, eggs, parsley, garlic, red pepper flakes and salt.
- ☐ Mix gently just until combined; you don't want to overwork the meat. Form the mixture into 12 meatballs about the size of golf balls, putting them on a lightly oiled baking sheet as you work. Set aside at room temperature.
- ☐ Build a hot fire in a charcoal grill or preheat a gas grill to high. Using a grill brush, scrape the heated grill rack clean. Rub the rack with oil.
- ☐ Arrange the meatballs on the grill rack without crowding. Using tongs, grill until the meatballs are browned evenly on all sides and cooked to medium, 8 to 10 minutes total, depending on

the grill temperature. Move any meatballs to a cooler area of the grill if they threaten to overbrown.

- ☐ Transfer to a platter or a clean baking sheet as they are finished.
- ☐ Let rest for 5 minutes while you assemble the sandwiches.
- ☐ Cut the baguette crosswise into 4 pieces and split each piece horizontally.
- ☐ Lay the pieces, cut side down, on the grill. Toast until golden brown, about 3 minutes.
- ☐ Lay the provolone slices on half of the baguette pieces.
- ☐ Place 3 meatballs on top of the cheese-lined baguette slices.
- ☐ Garnish with the pesto, cover the sandwiches with the remaining baguette pieces and serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.44, Glycemic Load:3.58, Inflammation Score:-8, Nutrition Score:43.256087448286%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 1320.26kcal (66.01%), Fat: 108.39g (166.75%), Saturated Fat: 37.65g (235.32%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 10.65g (3.87%), Sugar: 1.94g (2.16%), Cholesterol: 392.39mg (130.8%), Sodium: 2783.56mg (121.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.06g (146.12%), Vitamin B12: 6.42µg (106.94%), Phosphorus: 978.65mg (97.87%), Selenium: 67.66µg (96.66%), Zinc: 13.42mg (89.48%), Calcium: 832.17mg (83.22%), Vitamin K: 66.07µg (62.93%), Vitamin B2: 0.92mg (54.03%), Vitamin B3: 10.66mg (53.31%), Vitamin B6: 1mg (49.94%), Vitamin E: 5.98mg (39.86%), Iron: 7.04mg (39.11%), Manganese: 0.68mg (33.78%), Vitamin A: 1569.54IU (31.39%), Potassium: 942.91mg (26.94%), Magnesium: 104.67mg (26.17%), Vitamin B5: 2.43mg (24.27%), Copper: 0.47mg (23.37%), Folate: 86.38µg (21.59%), Vitamin B1: 0.28mg (18.39%), Vitamin D: 1.55µg (10.31%), Fiber: 1.72g (6.87%), Vitamin C: 4.45mg (5.4%)