



Grilled Meatball Sandwich

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



1225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large baguette
- ☐ 4 large eggs lightly beaten
- ☐ 2 Tbsp flat-leaf parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 1 kg ground beef
- ☐ 4 servings kosher salt
- ☐ 4 servings oil for grill
- ☐ 0.3 cup panko bread crumbs ()

- ☐ 0.3 cup parmesan cheese freshly grated (1 oz/ 30 g)
- ☐ 4 servings arugula pesto
- ☐ 250 g provolone cheese thinly sliced
- ☐ 1 tsp pepper flakes red
- ☐ 0.5 cup ricotta cheese (4 oz/125 g)

Equipment

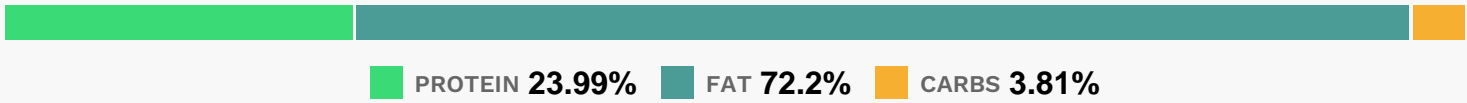
- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ tongs

Directions

- ☐ In a large bowl, combine the beef, ricotta, Parmesan, bread crumbs, eggs, parsley, garlic, red pepper flakes, and 2 tsp 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 browned evenly on all sides and cooked to medium, 8–10 minutes total, depending on grill temperature. Move any meatballs to a cooler area of the grill if they threaten to overbrown.
- ☐ Transfer to a platter or clean baking sheet as they are finished.
- ☐ Let rest for 5 minutes while you assemble the sandwiches.
- ☐ Cut the baguette crosswise into fourths 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 and serve right away.

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Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:3.18, Inflammation Score:-8, Nutrition Score:39.210869768391%

Flavonoids

Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1225.39kcal (61.27%), Fat: 97.2g (149.53%), Saturated Fat: 37.07g (231.67%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 10.72g (3.9%), Sugar: 1.75g (1.94%), Cholesterol: 429.07mg (143.02%), Sodium: 1245.52mg (54.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.67g (145.34%), Vitamin B12: 6.91µg (115.17%), Selenium: 71.04µg (101.49%), Zinc: 13.91mg (92.72%), Phosphorus: 909.67mg (90.97%), Calcium: 709.56mg (70.96%), Vitamin B3: 11.42mg (57.09%), Vitamin B2: 0.93mg (54.57%), Vitamin B6: 0.99mg (49.52%), Vitamin K: 48.63µg (46.31%), Iron: 6.94mg (38.56%), Vitamin A: 1622.79IU (32.46%), Vitamin E: 4.44mg (29.6%), Potassium: 914.27mg (26.12%), Vitamin B5: 2.47mg (24.71%), Magnesium: 77.05mg (19.26%), Folate: 66.43µg (16.61%), Vitamin B1: 0.23mg (15.29%), Copper: 0.24mg (12.13%), Vitamin D: 1.66µg (11.04%), Manganese: 0.15mg (7.31%), Vitamin C: 2.76mg (3.35%), Fiber: 0.82g (3.27%)