



Hunter's Hero

READY IN



150 min.

SERVINGS



4

CALORIES



1515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup percent milk
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 eggs beaten
- ☐ 1 tablespoon basil leaves fresh roughly chopped
- ☐ 2 tablespoons basil leaves fresh minced
- ☐ 5 cloves garlic minced
- ☐ 4 medium garlic cloves smashed
- ☐ 1 pound ground beef
- ☐ 1 pound sausage meat

- ☐ 12 slices mozzarella cheese
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 tablespoon oregano leaves fresh roughly chopped
- ☐ 2 tablespoons oregano leaves fresh minced
- ☐ 0.5 cup parmesan plus 2 tablespoons shredded finely grated for garnish
- ☐ 2 tablespoons parsley leaves italian minced
- ☐ 0.5 bell pepper red minced
- ☐ 1.5 teaspoons chili flakes red
- ☐ 1 onion diced red
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 slices sourdough bread cut into 1/2-inch pieces to equal 1 cup
- ☐ 4 hoagie rolls
- ☐ 6 cups san marzano tomatoes canned
- ☐ 1 onion yellow minced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ kitchen thermometer
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat broiler.

- ☐ In a large saute pan over medium heat, add 1 tablespoon oil and saute onions, bell peppers and garlic. After 2 minutes, add salt and cook until tender.
- ☐ Remove from pan and let cool.
- ☐ In a medium bowl, pour milk over bread crumbs and let soak for 5 minutes.
- ☐ Remove from milk and squeeze out excess milk, until bread is moist but not soggy. In a large bowl, mix together beef, pork sausage, soaked bread, cooled vegetables, basil, oregano, parsley, pepper, chili flakes, grated Parmesan and egg. Gently roll into 2-inch balls.
- ☐ In same large saute pan used for vegetables, heat over medium heat and add 1 tablespoon oil. Cook meatballs, browning completely until the internal temperature reaches 165 degrees F, using an instant-read thermometer.
- ☐ Meanwhile, remove inside dough from hoagie rolls. To assemble heroes, fill hoagies with 4 meatballs each.
- ☐ Drizzle with 1/4 cup Marinara Sauce and top with 3 slices of mozzarella cheese.
- ☐ Place heroes on a sheet pan under the broiler until the cheese melts and turns golden brown. Top each sandwich with 1/2 tablespoon Parmesan.
- ☐ In medium saucepan, heat olive oil, add onions and cook over medium to low heat until onions are transparent.
- ☐ Add garlic and cook until almost brown and then add tomatoes. Cook for 1/2 hour over low to medium heat, then add basil and oregano and continue to cook for 30 minutes longer. In a food mill or a blender, puree into a sauce. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:166.38, Glycemic Load:40.88, Inflammation Score:-10, Nutrition Score:56.534783321878%

Flavonoids

Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

Nutrients (% of daily need)

Calories: 1515.12kcal (75.76%), Fat: 101.58g (156.28%), Saturated Fat: 36.18g (226.14%), Carbohydrates: 74.98g (24.99%), Net Carbohydrates: 67.06g (24.38%), Sugar: 18.93g (21.03%), Cholesterol: 283.45mg (94.48%), Sodium: 2670.38mg (116.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.88g (151.77%), Iron: 18.66mg (103.69%), Vitamin B12: 5.89µg (98.15%), Vitamin K: 97.96µg (93.3%), Phosphorus: 924.75mg (92.48%), Calcium: 821.57mg (82.16%), Zinc: 11.54mg (76.96%), Vitamin A: 3737.94IU (74.76%), Vitamin C: 59.75mg (72.43%), Selenium: 49.9µg (71.29%), Vitamin B3: 13.73mg (68.64%), Vitamin B6: 1.26mg (63.02%), Vitamin B2: 0.99mg (58.31%), Manganese: 1.07mg (53.7%), Vitamin B1: 0.79mg (52.43%), Potassium: 1558.26mg (44.52%), Vitamin E: 6.38mg (42.54%), Fiber: 7.92g (31.7%), Folate: 126.35µg (31.59%), Magnesium: 123.53mg (30.88%), Vitamin B5: 2.42mg (24.15%), Copper: 0.45mg (22.56%), Vitamin D: 2.21µg (14.73%)