



Italian Meatball Meatloaf Sandwiches

READY IN



90 min.

SERVINGS



8

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic drizzle store-bought
- 8 servings chicken stock see for warming
- 8 servings italian-american crusty bread white for serving
- 2 eggs
- 0.5 cup flat-leaf parsley leaves fresh chopped
- 3 cloves garlic grated finely chopped
- 2 pounds ground beef (a meatloaf mix)
- 1 cup catsup
- 8 servings kosher salt and ground pepper black

- 1 oz toppings: lettuce fresh red thinly sliced
- 8 servings milk for soaking bread
- 0.3 cup onion grated
- 2 handfuls a couple parmigiano-reggiano grated
- 3 slices bread white stale
- 1 tablespoon worcestershire sauce

Equipment

- baking sheet
- baking paper
- oven
- mixing bowl
- pot

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
- Place the meat in a mixing bowl and sprinkle with salt and pepper. Trim the crusts off the bread and place in a small bowl, cover with milk and soak to soften. Squeeze the milk from the bread and crumble as you add it to the meat. Then add the eggs, cheese, parsley, grated onion and garlic, and mix to combine. Form into a loaf about 4 inches high and put on the baking sheet. Spray with olive oil.
- Mix the ketchup with the balsamic drizzle and Worcestershire. Season with pepper.
- Spread about 1/3 cup of the ketchup mixture over the top of the meatloaf.
- Bake until cooked through, about 1 hour.
- To reheat, slice the meatloaf 1 1/2 inches thick and put in a pot of warmed chicken stock.
- Serve the meatloaf hot or cold on thick-sliced Italian white bread with the remaining ketchup mixture and the lettuce, tomato, onions, mozzarella and basil.

Nutrition Facts



■ PROTEIN 29% ■ FAT 39.93% ■ CARBS 31.07%

Properties

Glycemic Index:53.99, Glycemic Load:11.12, Inflammation Score:-6, Nutrition Score:16.21391307271%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 488.62kcal (24.43%), Fat: 22.73g (34.96%), Saturated Fat: 7.12g (44.49%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 38.03g (13.83%), Sugar: 15.76g (17.52%), Cholesterol: 127.67mg (42.56%), Sodium: 928.6mg (40.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.13g (74.27%), Vitamin K: 79.25µg (75.47%), Vitamin B3: 6.4mg (32.02%), Selenium: 19.7µg (28.14%), Iron: 4.93mg (27.38%), Manganese: 0.51mg (25.7%), Vitamin B2: 0.41mg (24.36%), Vitamin B1: 0.27mg (18.14%), Folate: 64.63µg (16.16%), Phosphorus: 152.76mg (15.28%), Vitamin A: 728.36IU (14.57%), Vitamin B6: 0.28mg (14.19%), Potassium: 468.69mg (13.39%), Copper: 0.25mg (12.46%), Vitamin C: 8.39mg (10.17%), Calcium: 95.96mg (9.6%), Magnesium: 34.9mg (8.73%), Fiber: 1.76g (7.05%), Zinc: 1.02mg (6.78%), Vitamin E: 0.76mg (5.09%), Vitamin B5: 0.51mg (5.08%), Vitamin B12: 0.1µg (1.68%), Vitamin D: 0.22µg (1.48%)