



Italian Meatball Sliders

READY IN



30 min.

SERVINGS



6

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 1.5 tablespoons basil fresh minced
- ☐ 4 ounces mozzarella cheese fresh thin
- ☐ 1 garlic minced
- ☐ 12 ounces ground sirloin
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup soy sauce (such as McCutcheon's)
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 12 water halved lengthwise

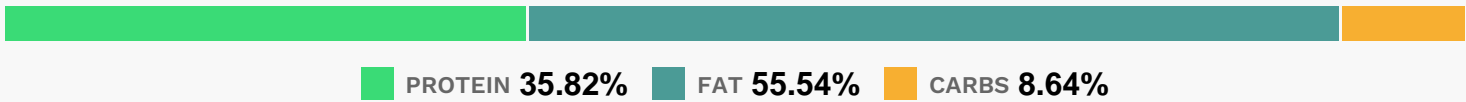
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ microwave
- ☐ broiler pan

Directions

- ☐ Preheat broiler to high.
- ☐ Gently combine first 6 ingredients in a large bowl, being careful not to overmix. Divide beef mixture into 24 equal portions; gently shape each portion into a meatball (do not pack). Arrange rolls, cut sides up, on a heavy baking sheet; broil 30 seconds or until very lightly toasted.
- ☐ Remove roll tops from pan.
- ☐ Arrange meatballs on a broiler pan coated with cooking spray; broil 3 minutes or until browned. Turn meatballs over; broil 2 minutes or until desired degree of doneness. Arrange 2 meatballs on bottom half of each roll; top each slider with 1 cheese slice. Broil 1 minute or until cheese melts.
- ☐ Place marinara sauce in a microwave–safe dish; cover and microwave at HIGH for 1 1/2 minutes or until thoroughly heated, stirring once.
- ☐ Place two sliders on each of 6 plates; spoon about 1 1/2 tablespoons sauce over each sandwich. Top each slider with 1 basil leaf, if desired, and 1 bun top.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.16, Inflammation Score:0, Nutrition Score:10.651304392711%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 225.48kcal (11.27%), Fat: 13.79g (21.21%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 4.4g (1.6%), Sugar: 0.6g (0.67%), Cholesterol: 84.49mg (28.16%), Sodium: 1911.95mg (83.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.01g (40.02%), Vitamin B12: 1.74µg (29.07%), Phosphorus: 256.08mg (25.61%), Zinc: 3.59mg (23.91%), Selenium: 15.65µg (22.35%), Vitamin B2: 0.29mg (17.1%), Vitamin B3: 3.32mg (16.6%), Vitamin B6: 0.3mg (14.77%), Calcium: 129.05mg (12.9%), Iron: 2.13mg (11.86%), Manganese: 0.23mg (11.57%), Magnesium: 46.24mg (11.56%), Potassium: 351.15mg (10.03%), Folate: 30.37µg (7.59%), Vitamin B5: 0.62mg (6.2%), Vitamin B1: 0.08mg (5.01%), Copper: 0.08mg (4.16%), Vitamin A: 199.18IU (3.98%), Vitamin E: 0.51mg (3.43%), Vitamin K: 3.45µg (3.28%), Vitamin D: 0.3µg (1.99%), Fiber: 0.43g (1.71%)