



Italian Meatball Sliders

READY IN



30 min.

SERVINGS



6

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

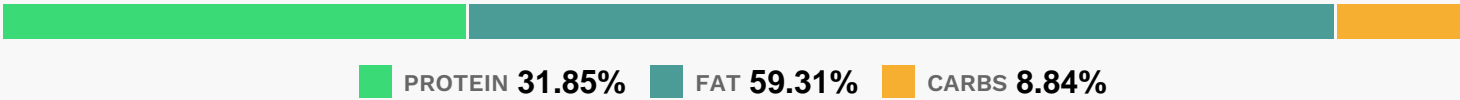
Equipment

- ☐ 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:28.67, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:9.788695667101%

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: 211.05kcal (10.55%), Fat: 13.78g (21.2%), Saturated Fat: 6.12g (38.25%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 3.88g (1.41%), Sugar: 1.84g (2.05%), Cholesterol: 84.49mg (28.16%), Sodium: 575.5mg (25.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.3%), Vitamin B12: 1.74µg (29.07%), Selenium: 15.68µg (22.4%), Zinc: 3.34mg (22.27%), Phosphorus: 196.56mg (19.66%), Vitamin B3: 3.24mg (16.2%), Vitamin B6: 0.27mg (13.37%), Vitamin B2: 0.22mg (12.66%), Calcium: 122.02mg (12.2%), Iron: 1.95mg (10.85%), Potassium: 322.82mg (9.22%), Vitamin A: 375.99IU (7.52%), Vitamin E: 0.93mg (6.18%), Vitamin B5: 0.61mg (6.1%), Magnesium: 23.04mg (5.76%), Copper: 0.11mg (5.47%), Manganese: 0.09mg (4.75%), Vitamin B1: 0.07mg (4.53%), Vitamin K: 4.59µg (4.37%), Folate: 15.35µg (3.84%), Vitamin C: 3.1mg (3.76%), Fiber: 0.74g (2.97%), Vitamin D: 0.3µg (1.99%)