



Italian Meatball Sliders

READY IN



45 min.

SERVINGS



6

CALORIES



423 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 basil leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 large eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 8 ounces ground pork lean
- ☐ 8 ounce turkey sausage italian
- ☐ 1.5 cups lower-sodium marinara sauce

- ☐ 1 tablespoon olive oil divided
- ☐ 0.3 cup panko bread crumbs toasted (Japanese breadcrumbs)
- ☐ 0.3 cup part-skim ricotta cheese
- ☐ 0.1 teaspoon salt
- ☐ 3 shallots diced finely
- ☐ 12 slider buns toasted

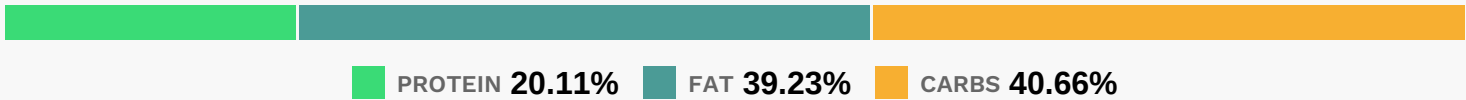
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 teaspoon oil in a large skillet over medium heat; swirl to coat.
- ☐ Add garlic and shallots to pan; saut 3 minutes or until shallots are softened, stirring frequently.
- ☐ Combine shallot mixture, ricotta, and next 8 ingredients (through egg) in a medium bowl. Shape mixture into 12 (1-inch) meatballs; flatten each meatball slightly.
- ☐ Return pan to medium-high heat.
- ☐ Add remaining 2 teaspoons oil to pan.
- ☐ Add meatballs to pan; cook 6 minutes, turning once.
- ☐ Add marinara sauce; bring to a boil, scraping pan to loosen browned bits. Cover, reduce heat, and simmer 8 minutes or until meatballs are done. Top bottom half of each bun with 1 1/2 tablespoons sauce, 1 meatball, 1 basil leaf, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:1.75, Inflammation Score:-6, Nutrition Score:16.739999864412%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 423.24kcal (21.16%), Fat: 18.43g (28.36%), Saturated Fat: 5.59g (34.93%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 38.49g (14%), Sugar: 9.62g (10.69%), Cholesterol: 82.52mg (27.51%), Sodium: 762.71mg (33.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.26g (42.53%), Vitamin K: 48.21µg (45.92%), Iron: 7.04mg (39.11%), Selenium: 23.94µg (34.2%), Vitamin C: 20.98mg (25.43%), Vitamin B1: 0.36mg (24.13%), Vitamin B6: 0.44mg (21.81%), Phosphorus: 210.66mg (21.07%), Vitamin B3: 3.91mg (19.53%), Fiber: 4.49g (17.96%), Vitamin B2: 0.28mg (16.23%), Zinc: 2.21mg (14.71%), Vitamin A: 699.25IU (13.99%), Potassium: 466.33mg (13.32%), Calcium: 130.79mg (13.08%), Manganese: 0.22mg (10.93%), Vitamin B5: 0.98mg (9.78%), Vitamin E: 1.38mg (9.21%), Vitamin B12: 0.55µg (9.17%), Magnesium: 35.13mg (8.78%), Copper: 0.17mg (8.59%), Folate: 27.5µg (6.87%), Vitamin D: 0.18µg (1.2%)