



Jack's Meatball Sliders

READY IN



40 min.

SERVINGS



33

CALORIES



382 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 28 ounce canned tomatoes crushed canned
- 4 small cloves garlic chopped (not too small; larger chunks,)
- 1 large eggs
- 1 tablespoon parsley fresh plus more for garnish chopped
- 2 tablespoons thyme leaves fresh chopped
- 0.3 cup garlic minced
- 1 pound ground beef
- 1 pound ground sausage (preferably spicy pork)
- 0.5 teaspoon kosher salt

- 2 teaspoons kosher salt
- 2 tablespoons olive oil extra-virgin
- 33 servings olive oil
- 0.5 cup onion finely chopped
- 1 cup panko breadcrumbs
- 0.5 cup parmesan grated plus more for garnish
- 0.5 teaspoon pepper flakes red
- 12 ounces ricotta cheese
- 33 slider-size potato buns toasted

Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Make the sauce: In a large saucepan over medium heat, saute the garlic and red pepper flakes in the oil 1 minute, stirring. (Do not brown the garlic.) Stir in the tomatoes and salt. Bring the sauce to a boil, reduce the heat to low and simmer, stirring occasionally, 15 minutes.
- Meanwhile, make the meatballs: Preheat the oven to 450 degrees F. In a large bowl, mix the beef, sausage, onion, garlic, thyme, parsley, egg, parmesan, breadcrumbs, ricotta and salt with your hands. Form 1 1/2-inch balls out of the meat mixture.
- Heat a large ovenproof skillet (preferably cast iron) with a bit of olive oil. Working in batches, add the meatballs and brown on all sides, about 4 minutes. Return all the meatballs to the skillet and place in the oven to finish cooking, 10 minutes.
- Toss the meatballs with 3 cups of the prepared sauce.
- Place on the toasted slider buns and sprinkle with parmesan and parsley.
- Photograph by Jennifer Causey

Nutrition Facts

PROTEIN 15.22% FAT 56.37% CARBS 28.41%

Properties

Glycemic Index:8.61, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:9.9678260813589%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 382.34kcal (19.12%), Fat: 24.79g (38.13%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 26.41g (9.6%), Sugar: 6.32g (7.02%), Cholesterol: 31.58mg (10.53%), Sodium: 533.85mg (23.21%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 15.06g (30.12%), Vitamin B1: 0.39mg (25.88%), Vitamin B3: 4.65mg (23.26%), Folate: 88.61µg (22.15%), Calcium: 210.66mg (21.07%), Vitamin E: 2.57mg (17.12%), Iron: 2.9mg (16.11%), Vitamin B2: 0.26mg (15.48%), Vitamin K: 12.83µg (12.22%), Phosphorus: 84.22mg (8.42%), Vitamin B12: 0.48µg (8.07%), Zinc: 1.18mg (7.84%), Vitamin B6: 0.16mg (7.78%), Selenium: 5.18µg (7.4%), Fiber: 1.69g (6.76%), Manganese: 0.1mg (4.95%), Potassium: 172.71mg (4.93%), Vitamin C: 3.76mg (4.56%), Copper: 0.08mg (3.9%), Vitamin A: 167.44IU (3.35%), Magnesium: 13.22mg (3.3%), Vitamin B5: 0.3mg (3.04%), Vitamin D: 0.25µg (1.67%)