



Lamb Meatball Sliders

READY IN



70 min.

SERVINGS



24

CALORIES



363 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup breadcrumbs
- 28 ounce canned tomatoes whole crushed canned
- 24 servings pickled cucumbers sliced for serving
- 2 large eggs
- 1 teaspoon fennel seeds chopped
- 0.3 teaspoon optional: dill fresh chopped
- 0.3 teaspoon rosemary fresh chopped
- 1 tablespoon rosemary fresh chopped
- 0.3 teaspoon thyme leaves fresh chopped

- 1 clove garlic finely chopped
- 0.3 cup goat cheese fresh
- 1 cup goat cheese fresh
- 0.5 teaspoon ground coriander
- 1 pound lamb
- 0.5 pound sausage italian hot (spicy lamb sausage)
- 24 servings kosher salt
- 24 servings kosher salt and pepper freshly ground
- 2.5 tablespoons mascarpone cheese
- 0.3 cup olive oil extra-virgin
- 3 tablespoons olive oil extra-virgin
- 0.5 cup onion diced
- 1 medium onion diced
- 0.1 teaspoon oregano dried
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper flakes red
- 24 slider rolls
- 0.5 teaspoon sugar
- 1.5 tablespoons milk whole

Equipment

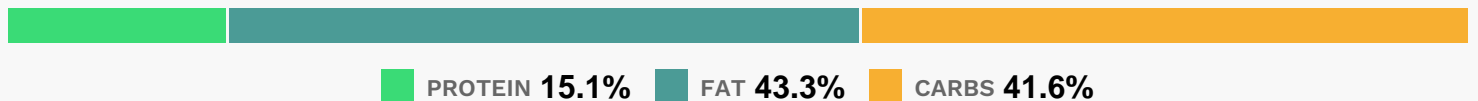
- bowl
- frying pan
- pot
- wooden spoon

Directions

- Heat the olive oil in a medium skillet over medium heat.
- Add the onion and cook until soft, about 3 minutes.

- Add the garlic and cook 1 minute, stirring constantly.
- Stir in the coriander, fennel seeds and rosemary; toast 1 minute.
- Transfer the mixture to a large bowl and refrigerate until cool.
- Meanwhile, roll the goat cheese into 1/2-inch balls (the size of marbles); set aside.
- Add the sausage, ground lamb, breadcrumbs, eggs and 1/2 teaspoon salt to the bowl with the spice mixture and mix with your hands until just combined.
- Roll into 24 small ovals (about 2 tablespoons meat each). Make an indentation in each with your thumb, then insert a goat cheese ball and form the meat around it.
- Roll between your hands to make a smooth ball. Refrigerate until ready to cook.
- Heat the olive oil in a large pot over medium-high heat.
- Add the onion and cook until soft, about 1 minute.
- Add the tomatoes and their juices, red pepper flakes, 1/2 teaspoon salt and the sugar; cook until thickened, about 10 minutes.
- Add the oregano.
- Add the meatballs to the sauce. Reduce the heat to low, cover and simmer until cooked through, about 10 minutes.
- Assemble the sliders: Beat the goat cheese, mascarpone and milk in a bowl with a wooden spoon. Stir in the oregano, rosemary, thyme, dill, 1/4 teaspoon salt and a pinch of pepper.
- Spread the goat cheese mixture on each roll; fill with the pickled cucumbers, meatballs and more sauce.
- Photograph by Joseph DeLeo

Nutrition Facts



Properties

Glycemic Index:17.34, Glycemic Load:23.91, Inflammation Score:-3, Nutrition Score:9.2786957440169%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol:

0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 363.36kcal (18.17%), Fat: 17.46g (26.86%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 35.7g (12.98%), Sugar: 6.53g (7.25%), Cholesterol: 43.59mg (14.53%), Sodium: 872mg (37.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.4%), Iron: 11.99mg (66.62%), Selenium: 8.37µg (11.95%), Vitamin B3: 2.06mg (10.32%), Phosphorus: 100.34mg (10.03%), Vitamin B12: 0.6µg (9.92%), Copper: 0.19mg (9.46%), Vitamin B1: 0.14mg (9.09%), Vitamin B2: 0.15mg (8.87%), Fiber: 2.03g (8.13%), Vitamin B6: 0.16mg (7.79%), Zinc: 1.13mg (7.52%), Vitamin E: 1.11mg (7.43%), Manganese: 0.13mg (6.39%), Potassium: 194.66mg (5.56%), Vitamin K: 5.67µg (5.4%), Calcium: 53.72mg (5.37%), Vitamin A: 250.74IU (5.01%), Vitamin C: 3.97mg (4.81%), Vitamin B5: 0.44mg (4.37%), Magnesium: 17.07mg (4.27%), Folate: 16.12µg (4.03%), Vitamin D: 0.16µg (1.07%)