

food
network



HEALTH SCORE

99%

Loaded Lamb Meatball Hoagie



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1346 kcal

Ingredients

- ☐ 10 ounce pkt spinach frozen thawed drained
- ☐ 2 tablespoons garlic chopped
- ☐ 2 tablespoons garlic minced
- ☐ 1.5 pounds lamb
- ☐ 1 juice of lemon juiced
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 4 servings lamb meatballs
- ☐ 1 cup mascarpone cheese
- ☐ 1 onion minced

- ☐ 0.3 cup parmesan grated
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 1 pinch pepper
- ☐ 1 pinch pepper flakes red
- ☐ 1 pinch salt
- ☐ 2 shallots minced
- ☐ 4 steak rolls
- ☐ 1 cup sun-dried tomatoes julienned drained in oil
- ☐ 4 servings sundried tomatoes and spinach salad

Equipment

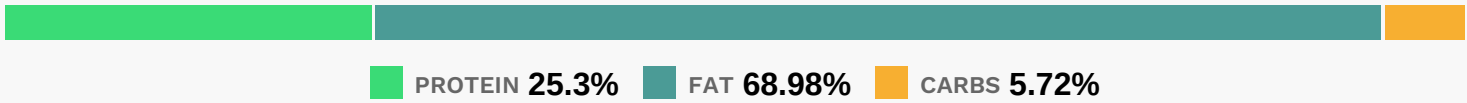
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 425 degrees F. Lightly grease a 9 by 9-inch baking dish.
- ☐ In a large bowl, mix together the lamb, garlic, shallots, parsley and Parmesan. Season the meat with salt and pepper, to taste. Form meat into 1-ounce balls and arrange them in a baking dish.
- ☐ Bake them for 12 to 15 minutes.
- ☐ Remove them from the oven and keep warm.
- ☐ In a large saute pan over medium-high heat, add the oil from the tomatoes.
- ☐ Add the garlic and red pepper flakes. Cook until the garlic begins to brown, about 1 to 2 minutes.
- ☐ Add the onions and cook until softened, about 2 to 3 minutes. Stir in the spinach and tomatoes and cook until warmed through and mixture has good color, about 4 to 5 minutes.
- ☐ Add the lemon juice and season the mixture with salt and pepper, to taste.

Whisk in the mascarpone cheese and remove the pan from the heat. Put 3 to 4 meatballs on each roll and top with the sun-dried tomato and spinach salad.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:54.8999999960609%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 1346.33kcal (67.32%), Fat: 103.36g (159.02%), Saturated Fat: 49.01g (306.29%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 14.36g (5.22%), Sugar: 3.32g (3.69%), Cholesterol: 323.26mg (107.75%), Sodium: 685.25mg (29.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 85.3g (170.59%), Vitamin K: 306.95µg (292.33%), Vitamin A: 9721.52IU (194.43%), Selenium: 95.29µg (136.13%), Vitamin B12: 7.78µg (129.65%), Zinc: 18.45mg (122.99%), Vitamin B3: 22.88mg (114.38%), Vitamin B6: 1.52mg (76.2%), Phosphorus: 743.54mg (74.35%), Vitamin B2: 1.21mg (71.25%), Vitamin C: 43.38mg (52.58%), Potassium: 1834.81mg (52.42%), Iron: 9.24mg (51.33%), Manganese: 0.89mg (44.66%), Magnesium: 172.42mg (43.11%), Folate: 162.05µg (40.51%), Vitamin B1: 0.55mg (36.95%), Calcium: 330.36mg (33.04%), Copper: 0.65mg (32.4%), Fiber: 4.91g (19.65%), Vitamin E: 2.46mg (16.43%), Vitamin B5: 1.5mg (14.96%), Vitamin D: 0.43µg (2.86%)