



Malmö meatball subs

 Dairy Free

READY IN



55 min.

SERVINGS



16

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil for frying
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 1 tbsp golden caster sugar
- ☐ 0.3 cucumber thinly sliced
- ☐ 1 tbsp optional: dill chopped
- ☐ 4 sub rolls halved cut into 5cm chunks thin
- ☐ 1 jar cranberry sauce
- ☐ 300 g pack pork mince

- ☐ 50 g breadcrumb
- ☐ 1 tsp fennel seeds
- ☐ 1 eggs beaten
- ☐ 3 tbsp wholegrain mustard
- ☐ 1 tbsp clear honey
- ☐ 16 servings grating nutmeg good

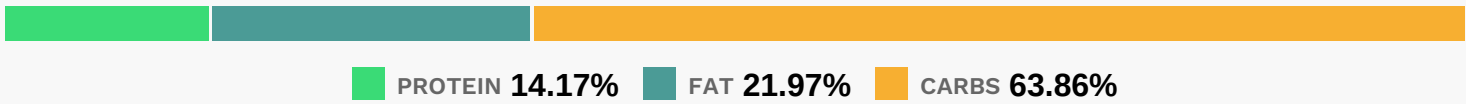
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Mix all the meatball ingredients together with plenty of seasoning, then shape into walnut-sized balls. Freeze for 30 mins to firm up if the party is about to start, or chill in the fridge for up to 24 hrs.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Roll the meatballs in the oil in a baking tray, then roast for 20 mins until browned and cooked through.
- ☐ When the meatballs are nearly ready, mix the vinegar and sugar in a mixing bowl to dissolve, then stir in the cucumber and dill, if using.
- ☐ Split the baguette chunks, rolls or subs and spread with a little cranberry sauce.
- ☐ Add some cucumber and 2-3 meatballs, arrange on a platter and serve.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:21.61, Inflammation Score:-3, Nutrition Score:10.153043438559%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 294.63kcal (14.73%), Fat: 7.17g (11.04%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 46.93g (15.64%), Net Carbohydrates: 44.53g (16.19%), Sugar: 14.64g (16.27%), Cholesterol: 23.73mg (7.91%), Sodium: 456.86mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.83%), Vitamin B1: 0.55mg (36.75%), Selenium: 18.12µg (25.89%), Manganese: 0.42mg (21.18%), Vitamin B3: 3.94mg (19.72%), Folate: 75.39µg (18.85%), Vitamin B2: 0.28mg (16.55%), Iron: 2.8mg (15.55%), Phosphorus: 113.39mg (11.34%), Fiber: 2.4g (9.59%), Calcium: 85.04mg (8.5%), Vitamin B6: 0.16mg (7.94%), Zinc: 1.08mg (7.17%), Magnesium: 28.48mg (7.12%), Copper: 0.13mg (6.54%), Potassium: 173.59mg (4.96%), Vitamin B5: 0.45mg (4.46%), Vitamin E: 0.56mg (3.73%), Vitamin K: 2.99µg (2.85%), Vitamin B12: 0.17µg (2.78%)