



Mamma's Meatball Parmesan Sliders

READY IN



50 min.

SERVINGS



12

CALORIES



412 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 serving salt and pepper freshly ground
- ☐ 2 eggs beaten
- ☐ 1 cup panko bread crumbs crispy italian
- ☐ 0.3 cup parmesan cheese grated
- ☐ 3 cloves garlic very finely chopped
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 5 tablespoons vegetable oil
- ☐ 4 cups tomatoes

- ☐ 12 hawaiian rolls mini
- ☐ 12 slices mozzarella cheese
- ☐ 12 basil fresh

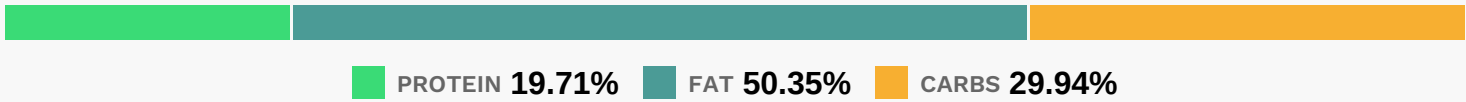
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In medium bowl, place beef; sprinkle well with salt and pepper.
- ☐ Add eggs, bread crumbs, Parmesan cheese, garlic and parsley; mix lightly until combined. Shape mixture into 12 (2-inch) balls.
- ☐ In 3- to 4-quart saucepan or Dutch oven, heat oil over medium-high heat.
- ☐ Add meatballs; cook 2 minutes on each side or until golden.
- ☐ Pour marinara sauce over meatballs.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered 30 minutes until meatballs are thoroughly cooked and no longer pink in center.
- ☐ On each bun bottom, place 1 meatball, 1 slice mozzarella cheese and 1 basil leaf. Cover with bun tops.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:14.52, Inflammation Score:-6, Nutrition Score:16.77956517883%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 411.86kcal (20.59%), Fat: 23.06g (35.47%), Saturated Fat: 8.5g (53.15%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 28.5g (10.36%), Sugar: 6.7g (7.45%), Cholesterol: 78.31mg (26.1%), Sodium: 903.77mg (39.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.31g (40.62%), Selenium: 27.07µg (38.67%), Vitamin B12: 1.65µg (27.53%), Phosphorus: 264.31mg (26.43%), Calcium: 260.79mg (26.08%), Vitamin B3: 4.61mg (23.07%), Vitamin B2: 0.39mg (22.76%), Vitamin B1: 0.33mg (22.13%), Manganese: 0.44mg (21.86%), Vitamin K: 22.7µg (21.61%), Zinc: 3.19mg (21.26%), Iron: 3.6mg (19.98%), Folate: 62.22µg (15.55%), Vitamin E: 2.09mg (13.93%), Vitamin B6: 0.27mg (13.64%), Potassium: 455.49mg (13.01%), Vitamin A: 630.83IU (12.62%), Magnesium: 39.77mg (9.94%), Copper: 0.19mg (9.61%), Fiber: 2.34g (9.34%), Vitamin C: 7mg (8.48%), Vitamin B5: 0.64mg (6.38%), Vitamin D: 0.31µg (2.05%)