



 **54%**
HEALTH SCORE

Meatball Grinder

READY IN



110 min.

SERVINGS



4

CALORIES



1832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup garlic basil spread for recipe link (see footnote)
- 1 cup bread crumbs soft
- 1 cup bread crumbs dry
- 2 eggs
- 0.5 cup basil fresh divided chopped
- 1 tablespoon garlic minced
- 1 pound ground beef
- 4 servings salt and ground pepper black to taste
- 1 pound sausage sweet italian

- 1 tablespoon penzey's southwest seasoning italian
- 1 cup tomatoes prepared
- 1 cup mascarpone cheese divided
- 0.5 cup milk
- 1 tablespoon olive oil
- 1 onion sliced
- 0.5 cup parmesan cheese divided grated
- 1 bell pepper red sliced
- 1 teaspoon pepper flakes red
- 1 serrano chiles sliced
- 4 cups mozzarella cheese shredded divided
- 4 hoagie buns split italian-style

Equipment

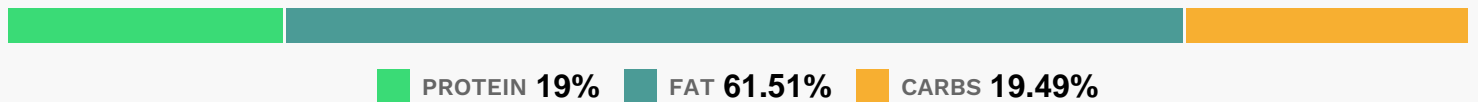
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- dutch oven

Directions

- Preheat oven to 500 degrees F (260 degrees C).
- Combine soft bread crumbs, dry bread crumbs, and milk in a large bowl and allow to soak until the bread crumbs absorb most of the milk, about 10 minutes.
- Add ground beef, Italian sausage, 1 cup marinara sauce, eggs, garlic, Italian seasoning, and red pepper flakes and mix until thoroughly combined. Form into 16 large meatballs.
- Heat 1 cup olive oil in a large pot or Dutch oven over medium-high heat. Cook meatballs until browned, about 10 minutes.

- Transfer to a baking sheet and bake in the preheated oven until no longer pink in the center, about 10 minutes.
- Bring 1 cup marinara sauce to a simmer in a large saucepan over medium heat.
- Add cooked meatballs and heat through, about 5 minutes.
- Heat 1 tablespoon olive oil in a large skillet over medium-high heat; cook and stir onion, red bell pepper, and serrano pepper in the hot oil until onion softens, 5 to 6 minutes.
- Add Marsala wine, salt, and black pepper; cook until wine has evaporated and onion turns golden, about 10 minutes.
- Spread each hoagie bun with 1/4 cup mascarpone cheese and 1 tablespoon garlic basil spread.
- Place four meatballs and a spoonful of marinara sauce on top.
- Sprinkle each sandwich with 1 cup mozzarella cheese.
- Place sandwiches onto a baking sheet and bake in the preheated oven until cheese is melted and buns are toasted, about 5 minutes. Top each sandwich with 1/4 of the onion mixture; garnish each sandwich with 2 tablespoons of basil and 2 tablespoons of Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:119.25, Glycemic Load:26.61, Inflammation Score:-10, Nutrition Score:55.425652545431%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 1832.28kcal (91.61%), Fat: 124.16g (191.01%), Saturated Fat: 56.38g (352.37%), Carbohydrates: 88.51g (29.5%), Net Carbohydrates: 82.1g (29.85%), Sugar: 15.16g (16.85%), Cholesterol: 407.8mg (135.93%), Sodium: 2889.36mg (125.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.29g (172.58%), Selenium: 90.49µg (129.27%), Vitamin B12: 6.73µg (112.17%), Iron: 19.27mg (107.05%), Phosphorus: 1021.32mg (102.13%), Calcium: 1001.54mg (100.15%), Vitamin B1: 1.33mg (88.75%), Zinc: 12.15mg (80.99%), Vitamin A: 3439.86IU (68.8%), Vitamin

B2: 1.17mg (68.79%), Vitamin B3: 13.36mg (66.8%), Vitamin C: 48.81mg (59.16%), Vitamin B6: 1.12mg (56.11%), Manganese: 0.93mg (46.54%), Vitamin K: 41.29µg (39.32%), Potassium: 1220.71mg (34.88%), Folate: 124.73µg (31.18%), Magnesium: 114.96mg (28.74%), Fiber: 6.41g (25.62%), Vitamin B5: 2.45mg (24.54%), Copper: 0.46mg (22.84%), Vitamin E: 3.36mg (22.4%), Vitamin D: 1.4µg (9.33%)