



HEALTH SCORE

53%

Meatball Grinder

READY IN



110 min.

SERVINGS



4

CALORIES



1844 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
- ☐ 2 tablespoons marsala wine
- ☐ 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

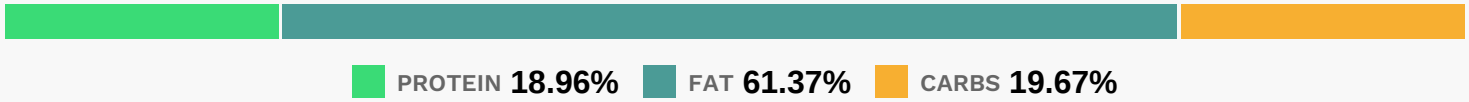
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

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:55.482173919678%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg 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: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 1844.28kcal (92.21%), Fat: 124.16g (191.01%), Saturated Fat: 56.38g (352.37%), Carbohydrates: 89.53g (29.84%), Net Carbohydrates: 83.13g (30.23%), Sugar: 15.75g (17.5%), Cholesterol: 407.8mg (135.93%), Sodium: 2890.04mg (125.65%), Alcohol: 1.15g (100%), Alcohol %: 0.2% (100%), Protein: 86.31g (172.61%), Selenium: 90.53µg (129.33%), Vitamin B12: 6.73µg (112.17%), Iron: 19.29mg (107.15%), Phosphorus: 1022mg (102.2%), Calcium: 1002.14mg (100.21%), Vitamin B1: 1.33mg (88.84%), Zinc: 12.15mg (81.03%), Vitamin B2: 1.17mg (68.87%), Vitamin A: 3439.86IU (68.8%), Vitamin B3: 13.38mg (66.88%), Vitamin C: 48.81mg (59.16%), Vitamin B6: 1.12mg (56.11%), Manganese: 0.94mg (46.99%), Vitamin K: 41.29µg (39.32%), Potassium: 1227.61mg (35.07%), Folate: 124.73µg (31.18%), Magnesium: 115.63mg (28.91%), Fiber: 6.41g (25.62%), Vitamin B5: 2.46mg (24.57%), Copper: 0.46mg (23.01%), Vitamin E: 3.36mg (22.4%), Vitamin D: 1.4µg (9.33%)