



Meatball Panini

READY IN



70 min.

SERVINGS



4

CALORIES



1059 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground turkey meat dark
- ☐ 1.3 cups arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup breadcrumbs plain
- ☐ 4 ciabatta rolls halved
- ☐ 2 large eggs at room temperature
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 cloves garlic minced

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin for drizzling
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 1 small onion finely chopped
- ☐ 0.5 cup parmesan finely grated
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 8 slices pancetta thin
- ☐ 8.3 inch thick provolone
- ☐ 1 large onion red peeled cut into eight 1/4- to 1/2-inch-thick rounds
- ☐ 1 teaspoon pepper flakes red
- ☐ 1 pound spicy turkey sausage links italian
- ☐ 1 cup tomato-basil sauce such as giada de laurentiis for target jarred
- ☐ 1 tablespoon tomato paste
- ☐ 0.3 cup milk whole at room temperature

Equipment

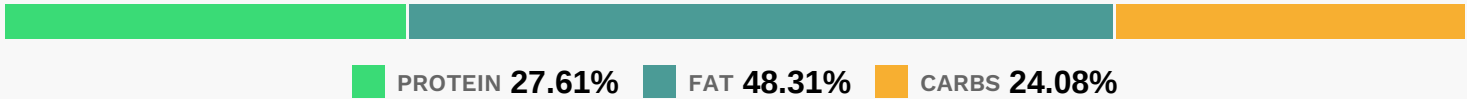
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon
- ☐ grill
- ☐ ice cream scoop
- ☐ pastry brush
- ☐ panini press

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a grill or panini maker.

- ☐ Brush the onion slices on both sides with the olive oil.
- ☐ Sprinkle with the salt and pepper. Grill the onion slices until tender and lightly browned, 3 to 4 minutes per side. Set aside to cool.
- ☐ Pull out and remove some of the bread from each half of the rolls. Spoon half of the sauce over the bottom halves of the rolls.
- ☐ Sprinkle with red pepper flakes if using.
- ☐ Add the arugula, meatballs, prosciutto slices, grilled onions and the remaining sauce.
- ☐ Place 2 slices of cheese on top.
- ☐ Add the tops of the rolls and drizzle with olive oil. Using a pastry brush, brush the oil evenly over the tops.
- ☐ Place the sandwiches in a panini maker and cook until the cheese has melted and the meatballs are heated through, about 5 minutes.
- ☐ Cut the panini in half and serve.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a large bowl, combine the breadcrumbs, Parmesan, basil, parsley, milk, tomato paste, salt, pepper, eggs, garlic and onions. Using a wooden spoon, stir to blend.
- ☐ Add the ground turkey and sausage meat. Using fingers, gently mix all the ingredients until thoroughly combined.
- ☐ Using a 1-ounce cookie scoop or a small ice cream scoop, form the meat mixture into 1 1/2-inch balls (22 to 24 meatballs).
- ☐ Place the meatballs on a heavy nonstick baking sheet, spacing apart.
- ☐ Drizzle with olive oil and bake until cooked through, 15 minutes.

Nutrition Facts



Properties

Glycemic Index:114.25, Glycemic Load:3.29, Inflammation Score:-9, Nutrition Score:48.193478128184%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg, Isorhamnetin:

2.54mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 9.7mg, Quercetin: 9.7mg, Quercetin: 9.7mg, Quercetin: 9.7mg

Nutrients (% of daily need)

Calories: 1058.98kcal (52.95%), Fat: 57.14g (87.9%), Saturated Fat: 19.17g (119.83%), Carbohydrates: 64.1g (21.37%), Net Carbohydrates: 58.61g (21.31%), Sugar: 11.71g (13.01%), Cholesterol: 260.55mg (86.85%), Sodium: 2892.12mg (125.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.47g (146.93%), Selenium: 77.28µg (110.4%), Vitamin B3: 18.8mg (94.02%), Vitamin K: 95.53µg (90.98%), Phosphorus: 906.95mg (90.7%), Vitamin B6: 1.76mg (88.1%), Iron: 15.5mg (86.11%), Vitamin C: 50.97mg (61.79%), Calcium: 580.71mg (58.07%), Zinc: 7.25mg (48.31%), Vitamin B2: 0.79mg (46.69%), Vitamin B1: 0.57mg (37.73%), Vitamin B12: 2.21µg (36.79%), Vitamin A: 1659.08IU (33.18%), Manganese: 0.65mg (32.68%), Potassium: 1114.18mg (31.83%), Vitamin E: 4.77mg (31.83%), Vitamin B5: 3.1mg (30.98%), Magnesium: 120.94mg (30.23%), Copper: 0.47mg (23.63%), Folate: 93.5µg (23.37%), Fiber: 5.48g (21.94%), Vitamin D: 1.42µg (9.49%)