



Meatball Sandwiches

READY IN



65 min.

SERVINGS



8

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounce tomatoes diced canned
- ☐ 1 teaspoon parsley dried
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose
- ☐ 20 basil leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic minced

- ☐ 1 teaspoon sea salt
- ☐ 1 pound ground beef
- ☐ 1 pound ground pork
- ☐ 1 pound ground veal
- ☐ 2 tablespoons olive oil
- ☐ 0.5 small onion chopped
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup parmesan grated
- ☐ 8 servings provolone cheese thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 stick butter unsalted chilled cut into cubes
- ☐ 1 cup milk whole chilled

Equipment

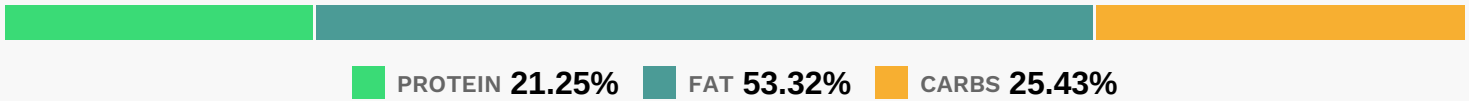
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ In a large bowl, combine the beef, pork, veal, egg, onion, parsley, garlic, oregano, salt, and pepper and mix until well combined. Scoop the mixture into mini muffin tins.
- ☐ Bake until browned, about 15 to 20 minutes.

- ☐ Serve on split biscuits with sauce and cheese.
- ☐ Preheat oven to 400 degrees F.
- ☐ In a large bowl, combine flour, 1/2 cup Parmesan, sugar, baking powder, salt, and pepper.
- ☐ Whisk until well blended.
- ☐ Add butter and combine with fingertips until a coarse meal forms.
- ☐ Mix in parsley. Gradually add milk, tossing with a fork until moist clumps form.
- ☐ Add extra milk if mixture is dry. Put dough on a floured work surface, folding 8 to 10 times until it becomes firm.
- ☐ Let rest for 10 minutes under a damp towel.
- ☐ Roll out on lightly floured work surface. Using a 2-inch-diameter biscuit ring, cut out biscuits and put on a parchment lined baking sheet.
- ☐ Sprinkle with remaining 1/2 cup cheese and bake until biscuits are puffed and golden, about 15 minutes.
- ☐ In a medium pan over high heat, saute onion and garlic in olive oil until softened, about 3 minutes.
- ☐ Add tomatoes and allow to simmer until slightly reduced and thickened, about 25 minutes. Stir in fresh basil just before serving.

Nutrition Facts



Properties

Glycemic Index:69.64, Glycemic Load:32.16, Inflammation Score:-8, Nutrition Score:32.691304414169%

Flavonoids

Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 810.34kcal (40.52%), Fat: 47.81g (73.56%), Saturated Fat: 21.2g (132.52%), Carbohydrates: 51.31g (17.1%), Net Carbohydrates: 48.47g (17.62%), Sugar: 11.14g (12.38%), Cholesterol: 191.25mg (63.75%), Sodium: 1244.01mg

(54.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.87g (85.73%), Selenium: 48.76µg (69.65%), Vitamin B3: 12.74mg (63.69%), Vitamin B1: 0.94mg (62.43%), Phosphorus: 586.14mg (58.61%), Vitamin B12: 2.77µg (46.2%), Vitamin B2: 0.79mg (46.18%), Calcium: 455.5mg (45.55%), Zinc: 6.49mg (43.29%), Vitamin B6: 0.85mg (42.38%), Vitamin K: 44.39µg (42.28%), Iron: 6.1mg (33.88%), Folate: 119.69µg (29.92%), Manganese: 0.51mg (25.73%), Potassium: 854mg (24.4%), Vitamin B5: 2.05mg (20.47%), Magnesium: 71.26mg (17.81%), Vitamin A: 874.89IU (17.5%), Vitamin C: 13.9mg (16.85%), Copper: 0.29mg (14.55%), Vitamin E: 2.09mg (13.96%), Fiber: 2.84g (11.36%), Vitamin D: 0.78µg (5.21%)