

 7%  
HEALTH SCORE

## Meatball Sliders

READY IN



45 min.

SERVINGS



20

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 bay leaves
- 3 cups sandwich bread fresh white (6 slices sandwich bread)
- 0.5 teaspoon marjoram dried
- 2 large eggs lightly beaten
- 0.5 cup flat parsley finely chopped
- 4 garlic clove minced
- 5 garlic clove minced
- 1 pound ground pork
- 1 pound ground beef lean (not )

- 0.3 cup olive oil
- 0.5 teaspoon oregano dried
- 1.5 cups parmesan grated
- 20 small slider buns split (2-inch)
- 1 teaspoon sugar
- 56 ounce canned tomatoes whole canned
- 2 cups vegetable oil
- 0.7 cup milk whole
- 1 medium onion sweet yellow finely chopped

## Equipment

- bowl
- frying pan
- pot
- blender

## Directions

- To make the tomato sauce: Pure tomatoes with their juice in a blender and transfer to a bowl.
- Heat oil in a large heavy pot over medium-high heat and saut onion until golden, about 6 minutes.
- Add garlic and saut, stirring, 1 minute.
- Add tomato pure, sugar, bay leaf, and 1 1/2 teaspoons salt and simmer, uncovered, stirring occasionally, until thickened, 40 to 50 minutes. Discard bay leaf. Make meatballs while sauce simmers: Stir together bread crumbs and milk in a large bowl and let stand 10 minutes.
- Add meat, garlic, cheese, eggs, parsley, oregano, marjoram, 1/2 teaspoon salt, and 1/2 teaspoon pepper and blend until just combined well (do not overmix). Form level 1/4-cup portions into meatballs.
- Heat oil in a 10-inch heavy skillet over medium-high heat hot and fry meatballs, about 6 at a time, turning occasionally, until well browned and cooked through, 4 to 6 minutes per batch.

Add drained meatballs to tomato sauce and simmer, stirring occasionally, until meatballs are heated through. Assemble sliders with a meatball and 1 tablespoon sauce per bun.

Garnish with baby greens and secure each with a wooden pick.

## Nutrition Facts

**PROTEIN 20.17%** **FAT 48.3%** **CARBS 31.53%**

### Properties

Glycemic Index:15.34, Glycemic Load:2.86, Inflammation Score:-5, Nutrition Score:12.36%

### Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

### Nutrients (% of daily need)

Calories: 322.54kcal (16.13%), Fat: 17.31g (26.64%), Saturated Fat: 4.95g (30.91%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 22.96g (8.35%), Sugar: 6.26g (6.96%), Cholesterol: 55.07mg (18.36%), Sodium: 306.18mg (13.31%), Protein: 16.27g (32.54%), Vitamin K: 37.19µg (35.42%), Selenium: 14.83µg (21.18%), Phosphorus: 184.96mg (18.5%), Calcium: 178.89mg (17.89%), Vitamin B1: 0.27mg (17.71%), Vitamin B6: 0.33mg (16.53%), Iron: 2.96mg (16.47%), Vitamin B3: 3.2mg (16.01%), Zinc: 2.18mg (14.55%), Vitamin B12: 0.85µg (14.09%), Vitamin C: 10.76mg (13.04%), Vitamin B2: 0.22mg (12.66%), Potassium: 360.82mg (10.31%), Fiber: 2.46g (9.84%), Vitamin E: 1.46mg (9.74%), Manganese: 0.15mg (7.46%), Magnesium: 27.45mg (6.86%), Vitamin A: 321.13IU (6.42%), Folate: 25.24µg (6.31%), Vitamin B5: 0.6mg (5.99%), Copper: 0.11mg (5.64%), Vitamin D: 0.25µg (1.66%)