

Meatball Sliders

READY IN



45 min.

SERVINGS



6

CALORIES



988 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 ounce canned tomatoes whole peeled canned
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 1.5 teaspoons fennel seeds
- ☐ 0.3 cup basil fresh packed ()
- ☐ 0.3 cup parsley fresh chopped
- ☐ 6 garlic clove chopped
- ☐ 0.5 pound ground beef
- ☐ 0.5 teaspoon pepper black

- ☐ 0.5 pound ground pork
- ☐ 0.5 pound ground veal
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 8 tablespoons pecorino cheese divided freshly grated
- ☐ 1 teaspoon salt
- ☐ 18 small portugese rolls split soft
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water

Equipment

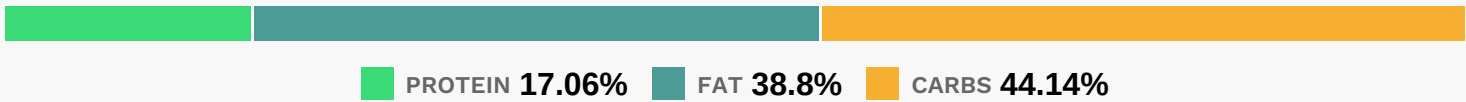
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix all meats, panko, 1/2 cup water, 6 tablespoons cheese, egg, egg yolk, 1/4 cup parsley, 1 teaspoon salt, and 1/2 teaspoon black pepper in large bowl. Form into eighteen 2-inch-meatballs.
- ☐ Heat vegetable oil in large skillet over medium-high heat. Working in batches, fry meatballs until brown all over.
- ☐ Transfer to plate.
- ☐ Pour off drippings from skillet. Reduce heat to medium.
- ☐ Add olive oil to skillet.
- ☐ Add onion, garlic, basil, and fennel seeds. Sauté until onion begins to brown, about 5 minutes.
- ☐ Add all tomatoes with juices. Bring to boil, scraping up browned bits. Reduce heat to low, cover with lid slightly ajar, and simmer, stirring occasionally, about 30 minutes.
- ☐ Puree sauce in processor until almost smooth. Return to same skillet.
- ☐ Add meatballs. Cover with lid slightly ajar and simmer until meatballs are cooked through, stirring occasionally, about 30 minutes longer. DO AHEAD: Can be made 1 day ahead. Cover;

- chill.
- ☐ Place arugula leaves on bottom of each roll, if desired. Top each with 1 meatball.
 - ☐ Drizzle meatballs with some of sauce and sprinkle with remaining 2 tablespoons parsley and 2 tablespoons. cheese. Cover with tops of rolls.
 - ☐ *Sold in the Asian foods section of some supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:69.83, Inflammation Score:-5, Nutrition Score:24.481304344924%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 987.77kcal (49.39%), Fat: 42.32g (65.11%), Saturated Fat: 10.73g (67.04%), Carbohydrates: 108.33g (36.11%), Net Carbohydrates: 103.37g (37.59%), Sugar: 16.21g (18.02%), Cholesterol: 153.58mg (51.19%), Sodium: 1574.96mg (68.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.88g (83.76%), Iron: 34.94mg (194.13%), Vitamin K: 68.28µg (65.03%), Selenium: 25.04µg (35.78%), Vitamin B3: 7.03mg (35.15%), Phosphorus: 319.12mg (31.91%), Vitamin B6: 0.61mg (30.48%), Vitamin B12: 1.8µg (30.03%), Vitamin B1: 0.44mg (29.08%), Zinc: 4.22mg (28.13%), Vitamin B2: 0.4mg (23.42%), Fiber: 4.96g (19.84%), Calcium: 170.96mg (17.1%), Potassium: 567.11mg (16.2%), Vitamin C: 13.16mg (15.95%), Vitamin E: 2.35mg (15.67%), Manganese: 0.28mg (13.85%), Vitamin B5: 1.35mg (13.52%), Magnesium: 43.96mg (10.99%), Folate: 38.47µg (9.62%), Copper: 0.19mg (9.47%), Vitamin A: 462.07IU (9.24%), Vitamin D: 0.39µg (2.61%)