



Meatball Sliders

READY IN



300 min.

SERVINGS



20

CALORIES



423 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups sandwich bread fresh white firm (6 slices sandwich bread)
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flat parsley finely chopped
- ☐ 4 garlic clove minced
- ☐ 1 pound ground beef lean (not)
- ☐ 1 pound ground pork
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion finely chopped
- ☐ 0.5 teaspoon oregano dried

- ☐ 0.3 pound pecorino cheese grated
- ☐ 20 small portugese rolls split soft (2-inch)
- ☐ 1 teaspoon sugar
- ☐ 56 ounce canned tomatoes whole canned
- ☐ 1 bay leaves
- ☐ 2 cups vegetable oil
- ☐ 0.7 cup milk whole

Equipment

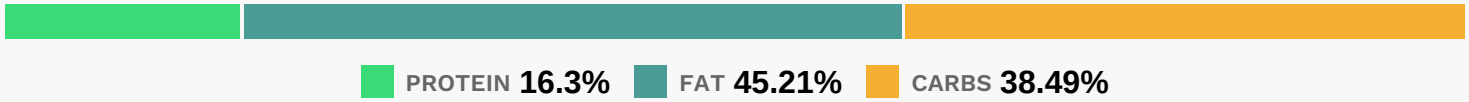
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Purée tomatoes with their juice, 1 can at a time, in a blender and transfer to a bowl.
- ☐ Heat oil in a large heavy pot over medium-high heat until it shimmers, then sauté onion until golden, about 6 minutes.
- ☐ Add garlic and sauté, stirring, 1 minute.
- ☐ Add tomato purée, sugar, bay leaf, and 1 1/2 teaspoons salt and simmer, uncovered, stirring occasionally, until thickened, 40 to 50 minutes. Discard bay leaf.
- ☐ Stir together bread crumbs and milk in a large bowl and let stand 10 minutes.
- ☐ Add meat, garlic, cheese, eggs, parsley, oregano, 1/2 teaspoon salt, and 1/2 teaspoon pepper and blend with your hands 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 until it shimmers, then fry meatballs, about 6 at a time, turning occasionally, until well browned and cooked through, 4 to 6 minutes per batch.

- ☐
- Transfer to paper towels with a slotted spoon.
- ☐
- 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, securing each with a wooden pick.

Nutrition Facts



Properties

Glycemic Index:18.84, Glycemic Load:25.85, Inflammation Score:-4, Nutrition Score:13.66391313076%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 423.15kcal (21.16%), Fat: 21.24g (32.67%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 38.49g (14%), Sugar: 7.49g (8.32%), Cholesterol: 57.9mg (19.3%), Sodium: 545.59mg (23.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Iron: 12.57mg (69.83%), Vitamin K: 37.47µg (35.69%), Selenium: 13.26µg (18.94%), Vitamin B1: 0.26mg (17.3%), Phosphorus: 162.9mg (16.29%), Vitamin B6: 0.29mg (14.44%), Vitamin B3: 2.88mg (14.39%), Vitamin B12: 0.8µg (13.27%), Calcium: 130.92mg (13.09%), Zinc: 1.9mg (12.64%), Vitamin C: 10.13mg (12.28%), Vitamin B2: 0.21mg (12.1%), Vitamin E: 1.48mg (9.9%), Potassium: 326.86mg (9.34%), Fiber: 2.19g (8.77%), Manganese: 0.13mg (6.55%), Magnesium: 24.21mg (6.05%), Vitamin A: 285.92IU (5.72%), Folate: 22.78µg (5.7%), Vitamin B5: 0.54mg (5.43%), Copper: 0.1mg (4.95%), Vitamin D: 0.24µg (1.6%)