

 **61%**
HEALTH SCORE

Meatball Subs

 Very Healthy

READY IN



52 min.

SERVINGS



4

CALORIES



1024 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings arugula shredded sweet for garnish (spicy)
- 1 cup bread crumbs italian (3 handfuls)
- 14 ounce canned tomatoes chunky style crushed canned
- 28 ounce canned tomatoes crushed canned
- 4 servings salt and pepper black
- 4 servings salt and pepper black
- 4 crusty rolls with or without sesame seeds
- 1 large eggs beaten

- 0.3 cup flat parsley chopped (a couple of handfuls)
- 1 handful parsley chopped
- 4 cloves garlic crushed chopped
- 4 cloves garlic minced crushed
- 1.5 pounds ground sirloin
- 2 tablespoons olive oil extra virgin extra-virgin (2 turns around the pan)
- 4 servings olive oil extra virgin extra-virgin
- 1 medium onion chopped fine
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan grated (a couple of handfuls)
- 0.5 teaspoon pepper red crushed
- 4 medium potatoes – remove skin white cut into 8 wedges lengthwise
- 4 servings pepper black freshly ground
- 2.5 cups ginger tea bags shredded italian
- 2 teaspoons worcestershire sauce (several drops)

Equipment

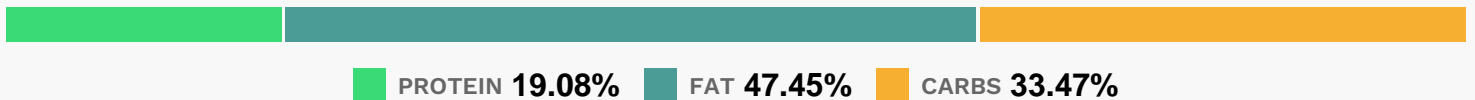
- baking sheet
- sauce pan
- oven
- mixing bowl
- broiler

Directions

- Watch how to make this recipe.
- Preheat oven to 450 degrees F.
- Place ground sirloin in a large mixing bowl and punch a well into the center of meat. Fill well with the egg, bread crumbs, onion, garlic, red pepper flakes, Worcestershire, parsley, cheese, and a little salt and pepper.

- Mix up meatball ingredients until well combined, yet not over-mixed. Divide mix into 4 equal parts, roll each part into 4 balls and space equally onto a nonstick baking sheet.
- Place meatballs in oven and roast about 12 minutes. Break a meatball open and make sure meat is cooked through before removing from the oven.
- Heat a medium saucepan over medium heat.
- Add oil and garlic. When garlic starts sizzling, add herbs and crushed pepper. Allow oil to infuse for half a minute, then stir in the tomatoes and season sauce with salt and pepper. Bring sauce to a bubble, reduce heat, and simmer until meatballs are removed from oven.
- Combine meatballs and sauce and pile into sub rolls, 4 meatballs per sub. Top with shredded cheese and place under subs under broiler to melt cheese. Top with shredded basil or arugula and serve with a pile of Oven Fries.
- Drizzle potatoes with a generous pour of extra-virgin olive oil. Toss potatoes with seasoning blend or coarse salt and pepper.
- Place potatoes on a nonstick baking sheet and roast 20 minutes or until just tender. Give the baking sheet a good shake after 10 minutes to avoid sticking.

Nutrition Facts



Properties

Glycemic Index:80.75, Glycemic Load:7.4, Inflammation Score:-9, Nutrition Score:53.228261025056%

Flavonoids

Apigenin: 10.26mg, Apigenin: 10.26mg, Apigenin: 10.26mg, Apigenin: 10.26mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 1024.33kcal (51.22%), Fat: 54.98g (84.58%), Saturated Fat: 16.29g (101.8%), Carbohydrates: 87.26g (29.09%), Net Carbohydrates: 75.23g (27.36%), Sugar: 20.04g (22.26%), Cholesterol: 166.42mg (55.47%), Sodium: 1372.86mg (59.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.75g (99.51%), Vitamin K: 128.75µg (122.62%), Vitamin B3: 16.43mg (82.17%), Vitamin B6: 1.57mg (78.4%), Potassium: 2591.39mg (74.04%), Vitamin C: 57.83mg (70.09%), Selenium: 48.07µg (68.68%), Zinc: 10.1mg (67.34%), Manganese: 1.31mg (65.66%), Phosphorus: 651.07mg (65.11%), Vitamin B12: 3.88µg (64.62%), Iron: 11.59mg (64.37%), Copper: 1.07mg (53.41%), Vitamin E:

7.9mg (52.69%), Vitamin B1: 0.75mg (49.72%), Fiber: 12.03g (48.11%), Vitamin B2: 0.73mg (42.8%), Folate: 169.8µg (42.45%), Magnesium: 163.99mg (41%), Calcium: 316.81mg (31.68%), Vitamin A: 1491.04IU (29.82%), Vitamin B5: 2.91mg (29.08%), Vitamin D: 0.45µg (3.01%)