



Mexican Meatball Subs

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 teaspoons ancho chili powder
- 4 crusty sub rolls split halved
- 1 large eggs beaten
- 2 cups fire-roasted tomatoes diced canned
- 0.3 cup cilantro leaves fresh chopped
- 3 cloves garlic; 1 minced smashed
- 2 teaspoons ground cumin
- 4 servings kosher salt

- 1 pound meat marinade mix (ground beef, pork and veal)
- 1 tablespoon olive oil extra-virgin
- 0.3 cup scallions plus more for garnish finely chopped
- 0.3 cup tortilla chips crushed finely

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat the oven to 35
- Mix the meat, tortilla chips, egg, chopped cilantro, 1/4 cup scallions, minced garlic, 1 teaspoon chili power, 1 teaspoon cumin, and salt to taste in a bowl.
- Roll into 16 small meatballs.
- Heat the olive oil in a nonstick skillet over medium heat.
- Add the meatballs and lightly brown, turning as needed, about 5 minutes.
- Add the smashed garlic and the remaining 2 teaspoons chili powder and 1 teaspoon cumin; cook for 1 to 2 minutes.
- Add the tomatoes, cilantro sprigs and 1 1/2 cups water and season with salt. Bring to a simmer, then cover, reduce the heat to low and cook until the sauce thickens and the meatballs are tender, about 15 minutes.
- About 5 minutes before the meatballs are done, toast the rolls in the oven.
- Place 2 roll halves in each of 4 shallow bowls and top with 4 meatballs.
- Drizzle with sauce, then pour the remaining sauce into the bowls. Top with avocado, cheese and/or scallions, if desired.
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN 25.97% ■ FAT 46% ■ CARBS 28.03%

Properties

Glycemic Index:24.75, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:11.384347853453%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 476.64kcal (23.83%), Fat: 25.5g (39.23%), Saturated Fat: 7.22g (45.1%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 31.34g (11.4%), Sugar: 3.55g (3.94%), Cholesterol: 125.88mg (41.96%), Sodium: 789.71mg (34.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.78%), Iron: 5.53mg (30.74%), Selenium: 16.88µg (24.11%), Vitamin A: 1175.16IU (23.5%), Vitamin K: 22.14µg (21.08%), Manganese: 0.36mg (17.75%), Vitamin B1: 0.26mg (17.24%), Folate: 60.53µg (15.13%), Fiber: 3.63g (14.52%), Vitamin B2: 0.22mg (12.8%), Calcium: 116.41mg (11.64%), Vitamin E: 1.68mg (11.23%), Vitamin B3: 2.22mg (11.1%), Phosphorus: 92.77mg (9.28%), Magnesium: 24.11mg (6.03%), Vitamin B6: 0.12mg (5.99%), Copper: 0.11mg (5.6%), Vitamin C: 4.57mg (5.54%), Zinc: 0.82mg (5.44%), Vitamin B5: 0.51mg (5.08%), Potassium: 158.04mg (4.52%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)