



Mini Meatball Sandies

READY IN



33 min.

SERVINGS



12

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces percent ground beef lean
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cornflakes crushed finely such as Corn Flakes
- ☐ 30 inch diameter dinner rolls sweet such as king's hawaiian halved
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 tablespoon catsup plus more for serving
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 tablespoon olive oil

☐ 2 tablespoons romano cheese grated

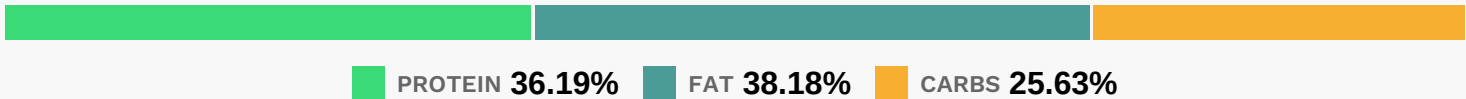
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Put an oven rack in the center of the oven. Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper and set aside.
- ☐ In a medium bowl, stir together the cereal, parsley, egg, oil, 1 tablespoon ketchup, cheese, salt, and pepper.
- ☐ Add the ground beef and gently stir to combine. With damp hands, roll the mixture into 12 mini meatballs. Arrange the meatballs on the prepared baking sheet and bake until cooked through, about 15 minutes Cool for 10 minutes.
- ☐ Make an indentation in the center of the bottom half of a roll. Slice a meatball in half and put in the indentation.
- ☐ Add about 1 teaspoon of ketchup to the meatballs and cover with the top half of the roll. Repeat with the remaining rolls and filling.
- ☐ Arrange the sandies on a platter and serve.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.6995651877445%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:

0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 61.14kcal (3.06%), Fat: 2.56g (3.93%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.58g (1.3%), Sugar: 0.45g (0.5%), Cholesterol: 28.08mg (9.36%), Sodium: 125.91mg (5.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.91%), Selenium: 6.84µg (9.78%), Vitamin B12: 0.5µg (8.32%), Zinc: 1.11mg (7.38%), Vitamin B3: 1.43mg (7.14%), Phosphorus: 59.79mg (5.98%), Vitamin K: 6.18µg (5.89%), Iron: 0.96mg (5.31%), Vitamin B6: 0.1mg (4.98%), Vitamin B2: 0.08mg (4.78%), Manganese: 0.08mg (3.82%), Vitamin B1: 0.05mg (3.03%), Calcium: 24.97mg (2.5%), Potassium: 86.07mg (2.46%), Folate: 9.48µg (2.37%), Vitamin B5: 0.22mg (2.16%), Magnesium: 7.91mg (1.98%), Copper: 0.03mg (1.53%), Vitamin E: 0.23mg (1.52%), Vitamin A: 71.1IU (1.42%), Fiber: 0.29g (1.14%)