



Mini Meatball Sandwiches

READY IN



50 min.

SERVINGS



12

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 servings pepper black freshly ground
- 2 cloves garlic minced
- 2 pounds ground beef
- 1 large jar tomatoes
- 0.5 cup milk
- 2 cups mozzarella cheese grated
- 2 tablespoons olive oil
- 0.5 medium onion diced
- 0.5 cup panko bread crumbs

- 0.5 teaspoon salt
- 12 slider rolls

Equipment

- frying pan

Directions

- Watch how to make this recipe.
- Mix the meat with the breadcrumbs, milk, garlic, salt and pepper, and knead the mixture together with your hands.
- Roll into heaping tablespoon-sized rolls.
- Heat the olive oil in a large skillet over medium heat.
- Add the onions and cook for 1 minute.
- Add the meatballs between the onions and brown for 1 minute. (You might have to do this in two batches, depending on the size of your skillet.)
- Pour in the jar of marinara and shake the skillet gently to mix. Put on a lid and allow to simmer for 20 minutes.
- When ready to serve, cut each dinner roll in half.
- Place a handful of grated mozzarella on the top and bottom of each roll. Spoon a meatball with the sauce onto the bottom bun; top with the top bun.
- Serve immediately!

Nutrition Facts



PROTEIN 20.22% **FAT 46.14%** **CARBS 33.64%**

Properties

Glycemic Index:22.67, Glycemic Load:24.38, Inflammation Score:-4, Nutrition Score:14.530869712%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 482.19kcal (24.11%), Fat: 24.57g (37.8%), Saturated Fat: 8.85g (55.3%), Carbohydrates: 40.31g (13.44%), Net Carbohydrates: 38.08g (13.85%), Sugar: 7.51g (8.34%), Cholesterol: 69.64mg (23.21%), Sodium: 862.84mg (37.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Iron: 13mg (72.23%), Vitamin B12: 2.11µg (35.23%), Zinc: 3.95mg (26.34%), Selenium: 16.28µg (23.26%), Phosphorus: 220.77mg (22.08%), Vitamin B3: 4.1mg (20.48%), Vitamin B6: 0.33mg (16.51%), Calcium: 145.42mg (14.54%), Vitamin B2: 0.24mg (13.86%), Potassium: 420.74mg (12.02%), Vitamin E: 1.51mg (10.06%), Fiber: 2.23g (8.92%), Vitamin A: 388.71IU (7.77%), Magnesium: 29mg (7.25%), Manganese: 0.14mg (7.14%), Vitamin B1: 0.1mg (6.94%), Vitamin B5: 0.65mg (6.54%), Copper: 0.13mg (6.48%), Vitamin C: 4.46mg (5.41%), Vitamin K: 5.3µg (5.05%), Folate: 17.42µg (4.35%), Vitamin D: 0.26µg (1.75%)