



Mini meatball sliders

READY IN



26 min.

SERVINGS



12

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 large british veal meatballs
- ☐ 85 g cheddar grated
- ☐ 6 rolls mini
- ☐ 3 tbsp smoky barbecue sauce – chipotle if you can get it
- ☐ 3 small rings onion red
- ☐ 9 servings cornichons mini sliced

Equipment

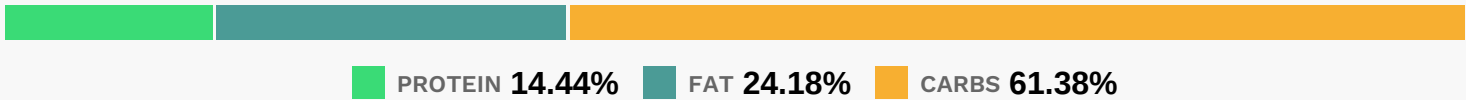
- ☐ oven

- ☐ baking pan
- ☐ skewers
- ☐ cocktail sticks

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Space the meatballs in a baking tray and squash each slightly with the palm of your hand. Roast for 15 mins until cooked through, then press some cheese into the top of each. Put back in the oven for 20 secs-1 min until the cheese starts to melt.
- ☐ Meanwhile, split the rolls in half and very lightly toast.
- ☐ Spread each half with a little barbecue sauce, then top each with a cheesy meatball, some onion and some cornichon. Skewer with a cocktail stick or mini skewer to hold everything together.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:12.09, Inflammation Score:-2, Nutrition Score:3.1665217448836%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 135.35kcal (6.77%), Fat: 3.63g (5.59%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 20.75g (6.92%), Net Carbohydrates: 19.7g (7.17%), Sugar: 4.77g (5.3%), Cholesterol: 7.9mg (2.63%), Sodium: 247.34mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Iron: 5.43mg (30.18%), Calcium: 61.15mg (6.12%), Phosphorus: 43.4mg (4.34%), Fiber: 1.05g (4.19%), Selenium: 2.28µg (3.25%), Vitamin B2: 0.04mg (2.58%), Vitamin C: 2.07mg (2.51%), Zinc: 0.34mg (2.3%), Vitamin B6: 0.05mg (2.26%), Manganese: 0.04mg (2.1%), Folate: 6.93µg (1.73%), Potassium: 58.79mg (1.68%), Vitamin A: 82.48IU (1.65%), Vitamin B12: 0.09µg (1.47%), Magnesium: 5.49mg (1.37%), Vitamin B1: 0.02mg (1.1%)