



Neely's Meatball Sliders

READY IN



75 min.

SERVINGS



6

CALORIES



835 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce canned tomatoes diced canned
- 2 large eggs
- 6 servings basil leaves fresh
- 0.3 cup parsley leaves fresh chopped
- 6 garlic cloves divided chopped
- 0.8 pound ground pork
- 6 servings kosher salt and pepper black freshly ground
- 4 tablespoons olive oil divided
- 1 onion chopped

- 0.5 cup panko bread crumbs
- 0.5 cup parmesan grated
- 6 servings pecorino shaved
- 0.8 pound pork sausage italian
- 1 teaspoon pepper flakes red
- 6 servings rolls split soft
- 20 ounce tomato purée canned

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Watch how to make this recipe.
- Combine the ground pork and pork sausage, red pepper flakes, 2 cloves of the chopped garlic, panko, grated cheese, eggs, parsley, kosher salt and black pepper, to taste, in large bowl. Form into 2-inch-meatballs and set aside on a platter.
- Heat 2 tablespoons of the olive oil in large skillet over medium-high heat.
- Add the meatballs and cook until brown on all sides.
- Transfer to plate.
- Meanwhile, start the sauce.
- Add the 2 tablespoons of the remaining olive oil to a medium saucepan over medium heat.
- Add the onion, and the remaining garlic.
- Saute until the onion begins to brown, about 4 to 5 minutes. Season the onions with salt and pepper, to taste.
- Add the tomato puree and the tomatoes and bring to a boil. Reduce the heat, stir in the meatballs and simmer the sauce, stirring occasionally, for 45 minutes.
- To serve, put a meat ball on the bottom of each roll and drizzle lightly with some sauce. Top with a basil leaf and some shaved pecorino. Cover with the roll tops and transfer to a platter.

Serve warm.

Nutrition Facts

PROTEIN 20.04% **FAT 54.96%** **CARBS 25%**

Properties

Glycemic Index:70.33, Glycemic Load:27.33, Inflammation Score:-8, Nutrition Score:31.814782598744%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 835.34kcal (41.77%), Fat: 51.24g (78.83%), Saturated Fat: 17.91g (111.94%), Carbohydrates: 52.45g (17.48%), Net Carbohydrates: 47.48g (17.27%), Sugar: 12.92g (14.35%), Cholesterol: 180.51mg (60.17%), Sodium: 1459.1mg (63.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.03g (84.06%), Iron: 15.13mg (84.04%), Vitamin K: 65.48µg (62.36%), Phosphorus: 567.89mg (56.79%), Calcium: 528.67mg (52.87%), Vitamin B1: 0.78mg (51.93%), Selenium: 28.11µg (40.16%), Vitamin B6: 0.77mg (38.55%), Vitamin B3: 7.61mg (38.06%), Vitamin B2: 0.54mg (31.56%), Zinc: 4.33mg (28.84%), Vitamin C: 21.55mg (26.13%), Vitamin E: 3.9mg (25.97%), Potassium: 906.77mg (25.91%), Vitamin B12: 1.48µg (24.68%), Manganese: 0.48mg (24%), Vitamin A: 1087.59IU (21.75%), Copper: 0.43mg (21.28%), Fiber: 4.97g (19.89%), Magnesium: 76.74mg (19.18%), Vitamin B5: 1.71mg (17.13%), Folate: 49µg (12.25%), Vitamin D: 1.26µg (8.41%)