



## Puttanesca Meatball Sliders

READY IN



90 min.

SERVINGS



5

CALORIES



856 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 basil fresh
- 16 basil fresh
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 28 oz canned tomatoes whole peeled canned
- 1 tablespoon capers roughly chopped
- 16 small dinner rolls split with 1 side attached and broiled to toast soft (2 in. wide)
- 1 large eggs lightly beaten
- 0.5 teaspoon fennel seeds crushed

- 2 tablespoons flat parsley chopped
- 1 garlic clove minced
- 2 garlic clove minced
- 0.3 pound ground beef
- 0.3 pound ground pork
- 5 servings sauce
- 0.3 cup kalamata olives pitted chopped
- 0.3 teaspoon kosher salt
- 0.5 teaspoon kosher salt
- 5 servings meatballs
- 0.3 cup milk
- 2 tablespoons olive oil
- 1 medium onion finely chopped
- 0.5 cup panko bread crumbs (japanese-style)
- 0.5 cup pecorino cheese freshly grated
- 0.5 cup pecorino cheese shaved (use a vegetable peeler)
- 0.5 teaspoon pepper red
- 0.3 cup vegetable oil
- 5 servings frangelico
- 5 servings frangelico

## Equipment

- bowl
- frying pan
- paper towels
- toothpicks
- mortar and pestle
- slotted spoon

# Directions

- Make sauce: In a 4- to 5-qt. pan over medium heat, saut onion in oil until softened, 5 to 8 minutes. Stir in garlic, chile flakes, and fennel; cook until garlic softens, about 1 minute. Stir in remaining ingredients, bring to a boil, then reduce heat and simmer uncovered, stirring occasionally, until thick, 15 to 25 minutes.
- Meanwhile, make meatballs: In a large bowl, combine egg, milk, and panko and let sit a few minutes. When crumbs are softened, stir in grated pecorino, garlic, parsley, salt, and pepper.
- Add meats, breaking up with your fingers, and mix well with your hands. With wet hands, roll meat mixture into 16 balls, each about 1 1/2 in. wide.
- Heat oil in a large, heavy frying pan (preferably nonstick) over medium-high heat. Cook meatballs until well browned all over, turning as needed, 6 to 8 minutes total; reduce heat if needed. With a slotted spoon, transfer meatballs to paper towels.
- Gently stir meatballs into sauce, return to a simmer over medium-low heat, and cook uncovered, stirring occasionally, until sauce is very thick, 10 to 15 minutes.
- To serve, put a basil leaf in each roll. Set a meatball and a generous spoonful of sauce on each basil leaf, then add a little pecorino. Close sandwiches with toothpicks if you like.
- Serve with napkins.
- Mastering meatballs. They sound rustic, but they're delicate things that suffer from over-handling. Here are tips for making them come out right.
- Mixing: Always start by mixing the bread crumbs (which keep the meatballs from getting tough), any liquids, and seasoning then add the meat. Stop when the mixture looks evenly blended; don't overwork it.
- Forming: Dampen your hands with cold water to keep the meat mixture from sticking while you roll it into balls. If it's still sticky, let it sit for a few minutes in the fridge.
- Browning: A good crust helps meatballs retain their shape important if they're going to simmer in a thick sauce. If you plan to eat them on their own or add them to broth, though, a light pan-frying will do the trick.
- \*Crush fennel seeds with a mortar and pestle, or buzz in a clean coffee grinder.

## Nutrition Facts

**PROTEIN 15.28%** **FAT 48.12%** **CARBS 36.6%**

## Properties

Glycemic Index:83, Glycemic Load:1.11, Inflammation Score:-8, Nutrition Score:37.183478459068%

## Flavonoids

Apigenin: 3.47mg, Apigenin: 3.47mg, Apigenin: 3.47mg, Apigenin: 3.47mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

## Nutrients (% of daily need)

Calories: 856.21kcal (42.81%), Fat: 46.27g (71.18%), Saturated Fat: 13.51g (84.42%), Carbohydrates: 79.17g (26.39%), Net Carbohydrates: 71.08g (25.85%), Sugar: 8.43g (9.36%), Cholesterol: 103.43mg (34.48%), Sodium: 1804.8mg (78.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.05g (66.1%), Selenium: 66.01µg (94.3%), Manganese: 1.75mg (87.29%), Vitamin K: 71.36µg (67.96%), Vitamin B1: 1mg (66.97%), Calcium: 569.45mg (56.95%), Vitamin B3: 9.95mg (49.73%), Phosphorus: 483.71mg (48.37%), Iron: 8.36mg (46.44%), Vitamin B2: 0.76mg (44.65%), Fiber: 8.09g (32.36%), Vitamin B6: 0.61mg (30.47%), Folate: 120.54µg (30.14%), Zinc: 4.32mg (28.79%), Vitamin E: 3.95mg (26.32%), Magnesium: 99.47mg (24.87%), Vitamin C: 19.87mg (24.09%), Potassium: 759.7mg (21.71%), Copper: 0.43mg (21.29%), Vitamin B12: 1.27µg (21.09%), Vitamin B5: 1.42mg (14.23%), Vitamin A: 705.07IU (14.1%), Vitamin D: 0.46µg (3.1%)