



Turkey Meatball Garlic Bread Heroes

READY IN



300 min.

SERVINGS



8

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups coarse bread crumbs fresh white firm (from 5 to 6 slices sandwich bread)
- ☐ 28 ounce canned tomatoes whole canned
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons flat-leaf parsley finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 3 garlic cloves minced
- ☐ 2 pounds pd of ground turkey (not breast meat)
- ☐ 2 tablespoons olive oil

- ☐ 1 small onion finely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 tablespoons pecorino cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 12 hoagie rolls
- ☐ 1 teaspoon sugar
- ☐ 5 tablespoons butter unsalted softened
- ☐ 0.7 cup milk whole

Equipment

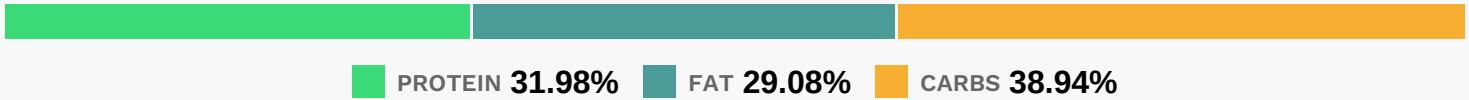
- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ broiler
- ☐ wax paper

Directions

- ☐ Purée tomatoes with their purée in a blender.
- ☐ Heat oil in a large heavy pot over medium-high heat until it shimmers, then sauté onion until golden, 5 to 6 minutes.
- ☐ Add garlic and sauté 1 minute.
- ☐ Add tomato purée, sugar, and salt and simmer, uncovered, stirring occasionally, until thickened, 30 to 35 minutes.
- ☐ Stir together bread crumbs and milk in a large bowl and let stand for 10 minutes.
- ☐ Stir in eggs, cheese, garlic, parsley, oregano, and salt, then add turkey and blend with your hands until just combined well (do not overmix).

- ☐ Form 1 1/2-tablespoon portions into meatballs and arrange on 2 well-oiled large, heavy, rimmed baking sheets.
- ☐ Stir together butter, oil, garlic, salt, cheese, parsley, and pepper in a bowl.
- ☐ Spread about 2 rounded teaspoons garlic butter onto both split sides of each bun. Arrange buns, buttered sides up, on a large baking sheet.
- ☐ Preheat broiler.
- ☐ Broil meatballs 3 to 4 inches from heat, turning over once, until golden and just cooked through (165°F on instant-read thermometer), 5 to 8 minutes.
- ☐ Broil buns, buttered sides only, until golden, 30 seconds to 1 minute, watching closely (buns brown fast).
- ☐ Spoon some sauce on each bun, then top with 4 meatballs (depending on size of buns), and drizzle with more sauce.
- ☐ •Tomato sauce can be made up to 2 days ahead and chilled in an airtight container. Reheat before using, thinning with water, if necessary, to desired consistency. •Garlic butter can be made up to 2 days ahead and chilled in an airtight container. Bring to room temperature before using. •Meatballs can be formed 1 day ahead.
- ☐ Put them on a wax paper-lined baking sheet, cover them tightly with plastic wrap, and chill.

Nutrition Facts



Properties

Glycemic Index:50.48, Glycemic Load:9.07, Inflammation Score:-7, Nutrition Score:27.552173759626%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 537.12kcal (26.86%), Fat: 18.13g (27.89%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 54.61g (18.2%), Net Carbohydrates: 50.53g (18.37%), Sugar: 14.68g (16.32%), Cholesterol: 131.42mg (43.81%), Sodium: 654.31mg (28.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.86g (89.73%), Vitamin B3: 17.56mg (87.78%),

Vitamin B6: 1.21mg (60.52%), Selenium: 34.42µg (49.17%), Vitamin B1: 0.71mg (47.34%), Folate: 169.73µg (42.43%), Phosphorus: 371.77mg (37.18%), Calcium: 354.74mg (35.47%), Vitamin B2: 0.56mg (33.23%), Iron: 5.85mg (32.51%), Vitamin K: 25.49µg (24.27%), Potassium: 725.22mg (20.72%), Zinc: 2.75mg (18.34%), Manganese: 0.36mg (17.8%), Vitamin B5: 1.68mg (16.76%), Fiber: 4.08g (16.32%), Magnesium: 64.27mg (16.07%), Vitamin E: 2.24mg (14.95%), Copper: 0.29mg (14.61%), Vitamin C: 11.77mg (14.27%), Vitamin B12: 0.83µg (13.8%), Vitamin A: 653.21IU (13.06%), Vitamin D: 1.06µg (7.1%)