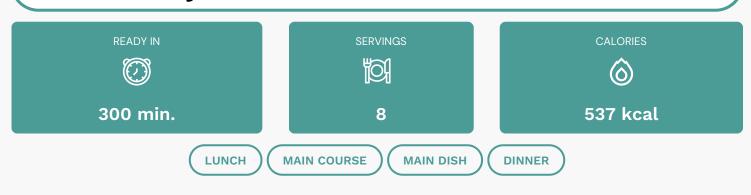


Turkey Meatball Garlic Bread Heroes



Ingredients

O.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 unt 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).	

Nutrition Facts
Put them on a wax paper-lined baking sheet, cover them tightly with plastic wrap, and chill.
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.
•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
Spoon some sauce on each bun, then top with 4 meatballs (depending on size of buns), and drizzle with more sauce.
Broil buns, buttered sides only, until golden, 30 seconds to 1 minute, watching closely (buns brown fast).
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.
Preheat broiler.
Spread about 2 rounded teaspoons garlic butter onto both split sides of each bun. Arrange buns, buttered sides up, on a large baking sheet.
Stir together butter, oil, garlic, salt, cheese, parsley, and pepper in a bowl.
Form 1 1/2-tablespoon portions into meatballs and arrange on 2 well-oiled large, heavy, rimmed baking sheets.

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

PROTEIN 31.98% FAT 29.08% CARBS 38.94%

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 %: O% (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: 653.21lU (13.06%), Vitamin D: 1.06μg (7.1%)