



Barbecue-Cheddar Meatballs

READY IN



35 min.

SERVINGS



24

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups original barbecue sauce divided kraft
- 14 oz canned tomatoes diced undrained canned
- 2 eggs
- 2 lb extra-lean ground beef
- 0.5 tsp onion powder
- 1 cup tops saltine crackers unsalted crushed finely
- 1 cup sharp cheddar cheese shredded kraft

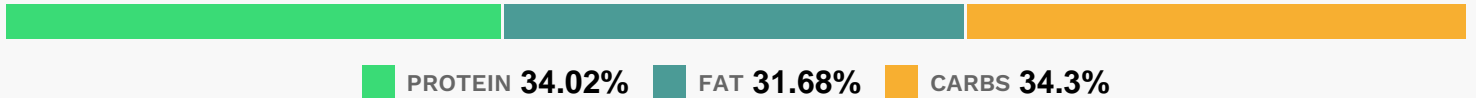
Equipment

- baking sheet
- oven
- aluminum foil
- slow cooker

Directions

- Heat oven to 375F.
- Combine tomatoes, 3/4 cup barbecue sauce and onion powder in slow cooker; cover with lid. Cook on HIGH until ready to add meatballs.
- Meanwhile, cover 2 rimmed baking sheets with foil; spray with cooking spray.
- Mix meat, eggs, cracker crumbs, cheese and remaining barbecue sauce. Shape into 72 small meatballs, using about 1 Tbsp. meat mixture for each.
- Place on prepared baking sheets.
- Bake 15 min. or until done.
- Add meatballs to slow cooker; stir to evenly coat with sauce. Reduce heat to LOW to keep meatballs warm until ready to serve right from slow cooker.

Nutrition Facts



Properties

Glycemic Index:1.13, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:5.9173913027929%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 122.16kcal (6.11%), Fat: 4.23g (6.5%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 9.88g (3.59%), Sugar: 6.4g (7.11%), Cholesterol: 41.78mg (13.93%), Sodium: 296.19mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.42%), Vitamin B12: 0.93µg (15.53%), Zinc: 2.22mg (14.8%), Selenium: 9.59µg (13.7%), Vitamin B3: 2.49mg (12.47%), Phosphorus: 113.52mg (11.35%), Vitamin B6: 0.19mg (9.61%), Iron: 1.41mg (7.84%), Vitamin B2: 0.13mg (7.75%), Potassium: 216.96mg (6.2%), Calcium: 50.51mg (5.05%), Vitamin B5: 0.38mg (3.81%), Magnesium: 14.9mg (3.72%), Vitamin B1: 0.05mg (3.37%), Manganese: 0.07mg (3.28%), Vitamin E: 0.47mg (3.13%), Copper: 0.06mg (3.1%), Folate: 10.22µg (2.56%), Vitamin A: 126.4IU (2.53%), Vitamin C:

1.66mg (2.01%), Vitamin K: 1.78µg (1.7%), Fiber: 0.42g (1.66%)