

BBQ Meatballs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



242 min.

SERVINGS



8

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 ounce barbecue sauce
- 0.3 cup catsup
- 16 ounce meatballs frozen

Equipment

- slow cooker

Directions

Place prepared meatballs, barbeque sauce, and ketchup in a slow cooker.

Let cook on a low heat for 4 hours, stirring occasionally.

Nutrition Facts

PROTEIN 15.36% **FAT 42.22%** **CARBS 42.42%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.2365218193635%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 266.41kcal (13.32%), Fat: 12.42g (19.11%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 27.48g (9.99%), Sugar: 22.77g (25.31%), Cholesterol: 40.82mg (13.61%), Sodium: 756.78mg (32.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Vitamin B1: 0.43mg (28.7%), Selenium: 14.83µg (21.19%), Vitamin B3: 2.95mg (14.74%), Vitamin B6: 0.28mg (13.84%), Phosphorus: 113.93mg (11.39%), Vitamin B2: 0.18mg (10.67%), Potassium: 331.79mg (9.48%), Zinc: 1.37mg (9.12%), Vitamin B12: 0.4µg (6.61%), Iron: 0.93mg (5.19%), Magnesium: 20.04mg (5.01%), Vitamin B5: 0.49mg (4.87%), Manganese: 0.09mg (4.67%), Vitamin E: 0.62mg (4.13%), Copper: 0.08mg (3.89%), Vitamin A: 185.33IU (3.71%), Calcium: 30.11mg (3.01%), Fiber: 0.6g (2.39%), Vitamin C: 1.09mg (1.32%), Vitamin K: 1.37µg (1.31%), Folate: 4.79µg (1.2%)