



Chipotle-Barbecue Meatballs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce
- ☐ 28 oz barbecue sauce
- ☐ 18 oz smucker's cherry preserves
- ☐ 3 chipotles in adobo canned undrained
- ☐ 32 oz meatballs frozen

Equipment

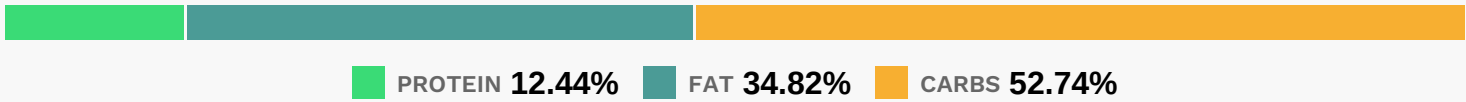
- ☐ whisk
- ☐ dutch oven

☐ slow cooker

Directions

- ☐ Whisk together first 4 ingredients and 1 1/2 cups water in a Dutch oven. Bring to a boil over medium-high heat.
- ☐ Add meatballs; return to a boil. Reduce heat to medium, and simmer, stirring occasionally, 40 to 45 minutes. (Sauce will thicken.) Keep warm in a slow cooker on WARM or LOW, if desired.
- ☐ Note: For testing purposes only, we used Rosina Italian Style Meatballs.
- ☐ Chipotle-Barbecue Sausage Bites: Substitute 2 (16-oz.) packages cocktail-size smoked sausages for meatballs. Proceed with recipe as directed, decreasing water to 1/2 cup and simmering mixture 15 minutes. Makes 12 to 14 appetizer servings. Prep: 10 min., Cook: 20 min.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:19.03, Inflammation Score:-2, Nutrition Score:11.723913089089%

Nutrients (% of daily need)

Calories: 524.86kcal (26.24%), Fat: 20.14g (30.98%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 68.63g (22.88%), Net Carbohydrates: 66.88g (24.32%), Sugar: 51.44g (57.16%), Cholesterol: 65.32mg (21.77%), Sodium: 1193.51mg (51.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.38%), Vitamin B1: 0.69mg (46.08%), Selenium: 24.42µg (34.89%), Vitamin B3: 4.44mg (22.18%), Vitamin B6: 0.42mg (20.86%), Phosphorus: 185.01mg (18.5%), Vitamin B2: 0.3mg (17.47%), Zinc: 2.17mg (14.44%), Potassium: 487.18mg (13.92%), Vitamin B12: 0.63µg (10.58%), Iron: 1.72mg (9.57%), Magnesium: 30.01mg (7.5%), Copper: 0.15mg (7.48%), Vitamin B5: 0.75mg (7.46%), Fiber: 1.75g (7%), Vitamin C: 5.71mg (6.92%), Manganese: 0.13mg (6.48%), Calcium: 51.32mg (5.13%), Vitamin E: 0.74mg (4.96%), Vitamin A: 188.33IU (3.77%), Folate: 11.9µg (2.97%), Vitamin K: 1.57µg (1.49%)