

Cranberry Chipotle Meatballs

 **Gluten Free**  **Dairy Free**

READY IN



250 min.

SERVINGS



16

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar packed
- 1 chipotles in adobo canned chopped to taste
- 16 ounce meatballs frozen thawed cooked
- 15 ounce pineapple chunks drained canned
- 16 ounce roasted cranberry sauce canned

Equipment

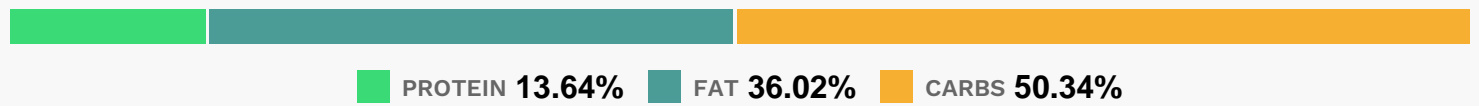
- bowl
- toothpicks

slow cooker

Directions

- Place the meatballs into a slow cooker. In a bowl, mash the cranberry sauce roughly, and mix with the pineapple chunks, brown sugar, and chipotle chile.
- Pour the sauce over the meatballs, and stir to combine. Cover the cooker, set to Low setting, and cook until the sauce is thickened and the meatballs have absorbed the sauce flavors, 4 to 5 hours.
- Serve with toothpicks.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.6143478414287%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 149.27kcal (7.46%), Fat: 6.08g (9.35%), Saturated Fat: 2.24g (13.97%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 18.37g (6.68%), Sugar: 16.2g (18%), Cholesterol: 20.41mg (6.8%), Sodium: 18.53mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin B1: 0.24mg (15.93%), Selenium: 7.23µg (10.34%), Vitamin B3: 1.34mg (6.69%), Vitamin B6: 0.13mg (6.69%), Phosphorus: 52.74mg (5.27%), Vitamin B2: 0.08mg (4.6%), Zinc: 0.66mg (4.4%), Potassium: 126.83mg (3.62%), Vitamin C: 2.98mg (3.61%), Vitamin B12: 0.2µg (3.31%), Fiber: 0.75g (3%), Iron: 0.49mg (2.71%), Magnesium: 10.25mg (2.56%), Copper: 0.05mg (2.51%), Vitamin B5: 0.19mg (1.94%), Vitamin E: 0.27mg (1.79%), Calcium: 11.93mg (1.19%), Manganese: 0.02mg (1.1%)