



Creamy Roasted Garlic and Onion Meatballs

 Dairy Free

READY IN



40 min.

SERVINGS



26

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 1 large onion cut into 1/4-inch wedges cut in half, then
- 2 tablespoons regular hamburger chopped (from 4-oz jar)
- 2 tablespoons flour all-purpose
- 0.3 teaspoon pepper
- 16 oz meatballs frozen
- 1 serving parsley fresh chopped
- 2 cups frangelico

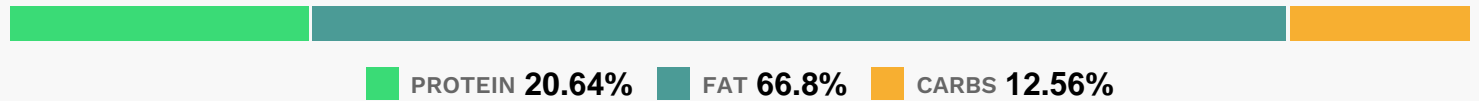
Equipment

- sauce pan
- slow cooker

Directions

- In 4-quart saucepan, melt butter over medium heat. Cook onion and garlic in butter 10 to 12 minutes, stirring frequently, until golden brown.
- Sprinkle flour and pepper over onion mixture. Cook 1 minute, stirring constantly. Slowly add half-and-half, stirring constantly. Stir in meatballs.
- Cook 15 to 20 minutes, stirring occasionally, until sauce is thickened and meatballs are hot. To serve, place in 1 1/2- to 2-quart slow cooker on Low heat setting. Meatballs will hold up to 2 hours in slow cooker.
- Garnish with chopped fresh parsley.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:2.6043478328249%

Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 62.06kcal (3.1%), Fat: 4.6g (7.07%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.36g (0.41%), Cholesterol: 12.56mg (4.19%), Sodium: 26.74mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin B1: 0.14mg (9.62%), Selenium: 4.57µg (6.53%), Vitamin B3: 0.92mg (4.6%), Vitamin B6: 0.09mg (4.32%), Phosphorus: 36.82mg (3.68%), Zinc: 0.53mg (3.51%), Vitamin B2: 0.06mg (3.31%), Folate: 12.95µg (3.24%), Iron: 0.55mg (3.07%), Manganese: 0.06mg (3.02%), Vitamin B12: 0.16µg (2.66%), Vitamin K: 2.6µg (2.48%), Potassium: 64.87mg (1.85%), Vitamin B5: 0.13mg (1.35%), Vitamin A: 65.03IU (1.3%), Magnesium: 5.13mg (1.28%), Vitamin C: 0.9mg (1.09%), Fiber: 0.26g (1.05%)