



Easy Slow-Cooker Cranberry Barbecue Meatballs



Gluten Free



Dairy Free



Low Fod Map

READY IN



190 min.

SERVINGS



24

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground mustard
- ☐ 32 ounces meatballs frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup roasted cranberry sauce (from 9.2-ounce jar)

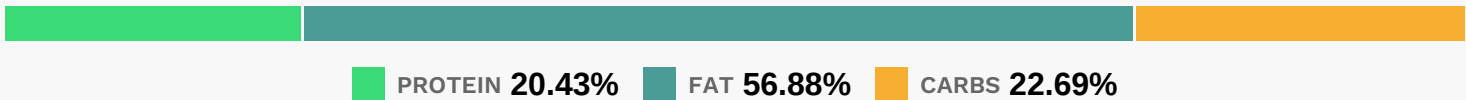
Equipment

- ☐ toothpicks
- ☐ slow cooker

Directions

- ☐ Mix all ingredients except meatballs and parsley in 2- to 2 1/2-quart slow cooker until well blended.
- ☐ Add cold meatballs.
- ☐ Cover and cook on low heat setting 2 to 3 hours or until thoroughly heated. Stir in parsley.
- ☐ Serve meatballs with cocktail forks or toothpicks. Meatballs will hold on low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.2517390950866%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 129.66kcal (6.48%), Fat: 8.11g (12.48%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 7.09g (2.58%), Sugar: 5.82g (6.46%), Cholesterol: 27.22mg (9.07%), Sodium: 192.85mg (8.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Vitamin B1: 0.28mg (18.73%), Selenium: 9.59µg (13.7%), Vitamin B3: 1.73mg (8.64%), Vitamin B6: 0.16mg (7.76%), Phosphorus: 69.37mg (6.94%), Zinc: 0.86mg (5.74%), Vitamin B2: 0.1mg (5.72%), Vitamin K: 5.77µg (5.49%), Vitamin B12: 0.26µg (4.41%), Potassium: 140.48mg (4.01%), Vitamin B5: 0.27mg (2.74%), Iron: 0.47mg (2.59%), Magnesium: 9.26mg (2.31%), Manganese: 0.04mg (1.89%), Copper: 0.03mg (1.41%), Vitamin A: 59.89IU (1.2%), Vitamin E: 0.15mg (1.03%), Vitamin C: 0.84mg (1.02%)