



Easy Slow Cooker Meatballs

 Dairy Free  Popular

READY IN



500 min.

SERVINGS



16

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce canned tomatoes crushed canned
- ☐ 1 eggs beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1.5 pounds ground beef
- ☐ 1.3 cups seasoned bread crumbs italian
- ☐ 28 ounce spaghetti sauce
- ☐ 14.3 ounce tomato purée canned

☐

1 medium onion yellow chopped

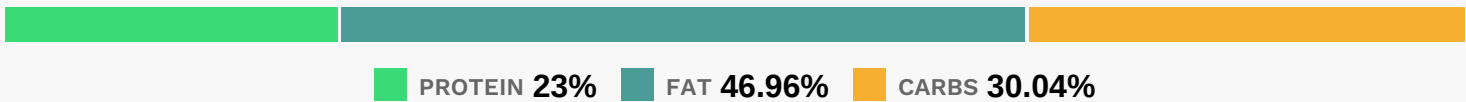
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In a bowl, mix the ground beef, bread crumbs, parsley, garlic, onion, and egg. Shape the mixture into 16 meatballs.
- ☐ In a slow cooker, mix the spaghetti sauce, crushed tomatoes, and tomato puree.
- ☐ Place the meatballs into the sauce mixture. Cook on Low for 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:2.13, Inflammation Score:-5, Nutrition Score:11.16130442723%

Flavonoids

Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 180.55kcal (9.03%), Fat: 9.6g (14.76%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 11.43g (4.16%), Sugar: 4.98g (5.53%), Cholesterol: 40.52mg (13.51%), Sodium: 464.42mg (20.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.15%), Vitamin K: 24.72µg (23.55%), Vitamin B3: 3.55mg (17.73%), Vitamin B12: 0.97µg (16.12%), Vitamin B6: 0.3mg (15.04%), Zinc: 2.23mg (14.85%), Selenium: 10.25µg (14.64%), Iron: 2.59mg (14.37%), Manganese: 0.27mg (13.25%), Potassium: 461.39mg (13.18%), Vitamin C: 10.53mg (12.76%), Phosphorus: 122.89mg (12.29%), Vitamin B1: 0.17mg (11.09%), Vitamin E: 1.62mg (10.8%), Copper: 0.21mg (10.56%), Vitamin B2: 0.18mg (10.45%), Fiber: 2.38g (9.51%), Vitamin A: 442.14IU (8.84%), Magnesium: 31.28mg (7.82%), Folate: 29.6µg (7.4%), Vitamin B5: 0.63mg (6.31%), Calcium: 54.98mg (5.5%)