



Slow-Cooked Meatball Stew

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

READY IN



615 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb baby carrots
- 12 oz gravy
- 14.5 oz tomatoes diced undrained canned
- 16 oz meatballs frozen cooked (32)
- 4.5 oz mushrooms green drained sliced giant®
- 1 small onion cut into thin wedges
- 1 lb potatoes - remove skin red cut into quarters ()

Equipment

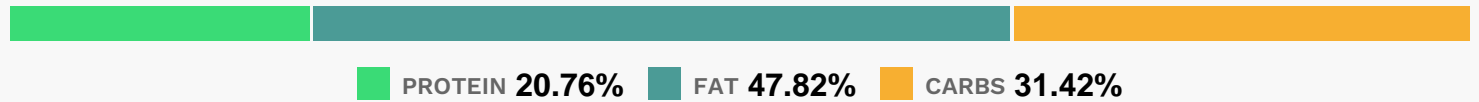
slow cooker

Directions

In 4- to 5-quart slow cooker, layer all ingredients in order listed.

Cover; cook on Low setting 8 to 10 hours. Before serving, gently stir stew.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:20.762173954559%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 323.01kcal (16.15%), Fat: 17.35g (26.7%), Saturated Fat: 6.5g (40.63%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 21.08g (7.67%), Sugar: 8.08g (8.98%), Cholesterol: 58.97mg (19.66%), Sodium: 474.09mg (20.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.9%), Vitamin A: 10516.04IU (210.32%), Vitamin B1: 0.69mg (46.05%), Selenium: 21.76µg (31.09%), Vitamin B6: 0.61mg (30.48%), Vitamin B3: 5.84mg (29.19%), Potassium: 953.56mg (27.24%), Phosphorus: 234.27mg (23.43%), Vitamin B2: 0.35mg (20.86%), Vitamin C: 16.68mg (20.22%), Fiber: 4.57g (18.29%), Copper: 0.33mg (16.52%), Manganese: 0.31mg (15.31%), Zinc: 2.27mg (15.12%), Iron: 2.69mg (14.92%), Vitamin B5: 1.43mg (14.33%), Magnesium: 49.17mg (12.29%), Folate: 49.11µg (12.28%), Vitamin K: 11.33µg (10.79%), Vitamin B12: 0.54µg (8.96%), Calcium: 66.89mg (6.69%), Vitamin E: 0.48mg (3.19%)