



Slow-Cooker Appetizer Meatballs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



190 min.

SERVINGS



10

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce chili sauce
- 1 cup grape jelly
- 1 tablespoon worcestershire sauce
- 2 tablespoons juice of lemon
- 1 lb meatballs frozen

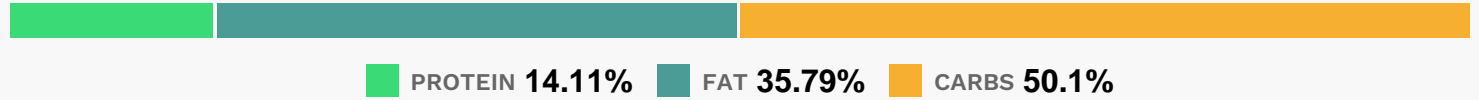
Equipment

- slow cooker

Directions

- Mix sauce ingredients together first then add the meatballs.
- Cook in a crockpot on high for a few hours then turn down to low.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:12.68, Inflammation Score:-2, Nutrition Score:6.8817390540372%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 247.08kcal (12.35%), Fat: 9.74g (14.99%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 29.5g (10.73%), Sugar: 21.26g (23.62%), Cholesterol: 32.66mg (10.89%), Sodium: 514.27mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.29%), Vitamin B1: 0.37mg (24.67%), Selenium: 12.22µg (17.46%), Vitamin B3: 2.54mg (12.69%), Vitamin C: 10.13mg (12.28%), Vitamin B6: 0.24mg (11.82%), Phosphorus: 104.79mg (10.48%), Vitamin B2: 0.16mg (9.35%), Potassium: 298.92mg (8.54%), Zinc: 1.08mg (7.18%), Vitamin B12: 0.32µg (5.29%), Iron: 0.93mg (5.17%), Copper: 0.1mg (5.13%), Fiber: 1.2g (4.8%), Vitamin A: 236.03IU (4.72%), Vitamin E: 0.7mg (4.67%), Magnesium: 14.46mg (3.62%), Vitamin B5: 0.31mg (3.14%), Folate: 9.81µg (2.45%), Calcium: 21.95mg (2.2%), Vitamin K: 1.79µg (1.7%)