



## Slow-Cooker Bavarian Cocktail Meatballs

 Dairy Free

READY IN



365 min.

SERVINGS



16

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 lb meatballs frozen thawed cooked ( 64)
- 1 medium onion sliced
- 0.3 cup brown sugar packed
- 3 tablespoons onion soup mix (from 2.2-oz. pkg.)
- 12 oz beer canned

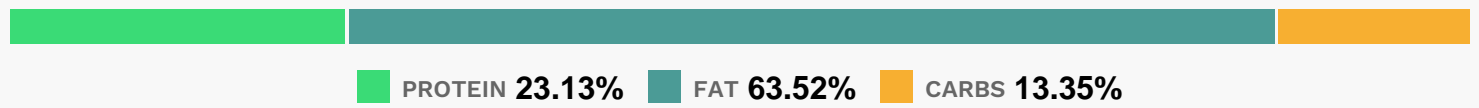
### Equipment

- toothpicks
- slow cooker

## Directions

- In 3 or 3 1/2-quart slow cooker, combine meatballs and onion.
- Sprinkle brown sugar and soup mix over beef and onion.
- Pour beer over top.
- Cover; cook on Low setting for 5 to 6 hours.
- Just before serving, gently stir mixture to coat meatballs with sauce.
- Serve with toothpicks. Meatballs can be held on Low setting for up to 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:4.22, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:5.7669564470973%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 178.19kcal (8.91%), Fat: 12.03g (18.5%), Saturated Fat: 4.47g (27.91%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 5.47g (1.99%), Sugar: 3.69g (4.1%), Cholesterol: 40.82mg (13.61%), Sodium: 146.78mg (6.38%), Alcohol: 0.83g (100%), Alcohol %: 1.17% (100%), Protein: 9.85g (19.71%), Vitamin B1: 0.42mg (28.21%), Selenium: 14.22µg (20.32%), Vitamin B3: 2.6mg (13.01%), Vitamin B6: 0.24mg (12.24%), Phosphorus: 107.3mg (10.73%), Zinc: 1.28mg (8.52%), Vitamin B2: 0.14mg (8.49%), Vitamin B12: 0.4µg (6.69%), Potassium: 193.22mg (5.52%), Vitamin B5: 0.41mg (4.12%), Magnesium: 13.89mg (3.47%), Iron: 0.56mg (3.11%), Copper: 0.04mg (1.79%), Calcium: 15.23mg (1.52%), Manganese: 0.03mg (1.39%), Folate: 5.45µg (1.36%), Vitamin C: 0.95mg (1.16%)