



Slow-Cooker BBQ Turkey Meatballs

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

READY IN



255 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups barbecue sauce
- 1 rib celery chopped
- 1 large eggs lightly beaten
- 1 clove garlic minced
- 1 pound pd of ground turkey
- 1 small onion grated
- 0.5 cup oats instant (do not use)
- 2 tablespoons vegetable oil

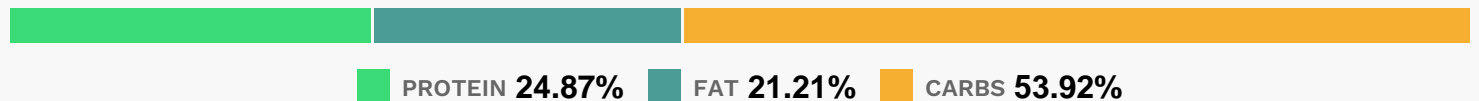
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Warm oil in a small skillet over medium-high heat.
- Add onion and celery and cook, stirring, until softened, 3 to 5 minutes.
- Add garlic and saut 1 minute longer.
- Transfer mixture to a small bowl and let cool.
- Place turkey in a large bowl.
- Add onion mixture, egg and oats. Use your hands to gently but thoroughly blend ingredients. Dampen hands lightly and form mixture into about 20 meatballs, each 1 1/2 inches in diameter.
- Pour a small amount of sauce over bottom of slow cooker.
- Add meatballs, top with remaining sauce.
- Pour in 1/2 cup water. Cover and cook on high until meatballs are cooked through, 3 1/2 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.87, Inflammation Score:-4, Nutrition Score:12.88782610064%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 332.59kcal (16.63%), Fat: 7.87g (12.1%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 43.13g (15.68%), Sugar: 32.34g (35.93%), Cholesterol: 72.58mg (24.19%), Sodium: 1038.61mg (45.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.75g (41.5%), Vitamin B3: 8.03mg (40.14%), Vitamin B6: 0.77mg (38.27%), Selenium: 22.61µg (32.31%), Phosphorus: 240.63mg (24.06%), Manganese: 0.4mg (20.13%), Potassium: 516.52mg (14.76%), Zinc: 1.88mg (12.54%), Magnesium: 46.67mg (11.67%), Vitamin K: 12.22µg (11.64%), Vitamin B2: 0.19mg (11.11%), Vitamin B5: 1.06mg (10.59%), Iron: 1.67mg (9.29%), Vitamin E: 1.32mg (8.82%), Copper: 0.15mg (7.66%), Vitamin B12: 0.46µg (7.66%), Fiber: 1.86g (7.42%), Vitamin B1: 0.11mg (7.4%), Vitamin A: 307.66IU (6.15%), Calcium: 48.16mg (4.82%), Folate: 18.67µg (4.67%), Vitamin D: 0.47µg (3.13%), Vitamin C: 1.8mg (2.18%)