



Slow-Cooker Cheese-Stuffed Meatballs

READY IN



330 min.

SERVINGS



6

CALORIES



884 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs italian
- 1 teaspoon basil dried crushed
- 2 eggs
- 2 cloves garlic minced
- 2 lb ground beef 80% lean (at least)
- 8 oz baby mozzarella balls fresh
- 3 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 50 oz pasta sauce

- 0.3 teaspoon pepper
- 1 teaspoon salt
- 12 oz pasta like spaghetti uncooked
- 1 teaspoon worcestershire sauce

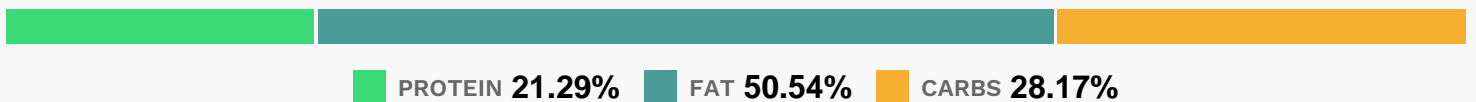
Equipment

- bowl
- frying pan
- slow cooker

Directions

- In large bowl, mix beef, bread crumbs, Parmesan cheese, salt, basil, pepper, Worcestershire sauce, garlic and eggs. Shape into 14 to 16 (2-inch) meatballs. Press 1 small mozzarella ball into center of each meatball, sealing it inside.
- In 10- to 12-inch skillet, heat oil over medium-high heat.
- Add meatballs; cook just until browned on all sides.
- Pour 1 jar of the pasta sauce into 3- to 4-quart slow cooker. Carefully place browned meatballs over sauce.
- Pour second jar of pasta sauce over meatballs.
- Cover; cook on Low heat setting 5 to 6 hours.
- When about 15 minutes are left, cook and drain pasta as directed on package.
- Serve meatballs and sauce over cooked spaghetti.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:21.17, Inflammation Score:-8, Nutrition Score:33.110434594362%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 884.4kcal (44.22%), Fat: 49.95g (76.84%), Saturated Fat: 16.72g (104.52%), Carbohydrates: 62.64g (20.88%), Net Carbohydrates: 56.77g (20.64%), Sugar: 10.65g (11.84%), Cholesterol: 179.14mg (59.71%), Sodium: 1812mg (78.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.35g (94.7%), Selenium: 68.32µg (97.6%), Vitamin B12: 3.45µg (57.57%), Zinc: 8.17mg (54.44%), Vitamin B3: 10.33mg (51.65%), Phosphorus: 482.86mg (48.29%), Manganese: 0.92mg (46.14%), Vitamin B6: 0.85mg (42.72%), Iron: 6.92mg (38.44%), Potassium: 1299.52mg (37.13%), Vitamin E: 5.3mg (35.3%), Vitamin B2: 0.53mg (31.39%), Copper: 0.57mg (28.64%), Calcium: 275.99mg (27.6%), Magnesium: 100mg (25%), Fiber: 5.87g (23.47%), Vitamin A: 1140.76IU (22.82%), Vitamin C: 16.98mg (20.58%), Vitamin B5: 2.03mg (20.3%), Vitamin B1: 0.27mg (17.98%), Vitamin K: 17.34µg (16.51%), Folate: 59.47µg (14.87%), Vitamin D: 0.47µg (3.1%)