



## Slow-Cooker Cranberry Barbecue Meatballs

 Dairy Free

READY IN



230 min.

SERVINGS



24

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 0.5 lb ground pork
- 0.5 cup onion finely chopped
- 0.3 cup breadcrumbs plain
- 0.5 teaspoon ground mustard
- 0.5 teaspoon lawry's seasoned salt
- 0.1 teaspoon pepper
- 1 eggs

- 1 cup barbecue sauce
- 0.5 cup roasted cranberry sauce (from 9.2-oz jar)
- 0.5 teaspoon ground mustard
- 0.5 teaspoon ground ginger
- 0.5 teaspoon salt
- 2 tablespoons parsley fresh chopped

## Equipment

- bowl
- frying pan
- oven
- toothpicks
- slow cooker

## Directions

- Heat oven to 375°F. Spray 15x10x1-inch pan with cooking spray. In large bowl, mix all meatball ingredients. Shape into 1-inch meatballs.
- Place in pan.
- Bake 15 to 20 minutes or until no longer pink in center and juice is clear.
- In 2- to 2 1/2-quart slow cooker, mix all sauce ingredients except parsley until well blended.
- Add meatballs.
- Cover and cook on Low heat setting 2 to 3 hours or until thoroughly heated. Stir in parsley.
- Serve meatballs with cocktail forks or toothpicks. Meatballs will hold on Low heat setting up to 2 hours; stir occasionally.

## Nutrition Facts

 PROTEIN 19.66%  FAT 49.88%  CARBS 30.46%

## Properties

Glycemic Index:3.79, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.6373913495437%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 111.74kcal (5.59%), Fat: 6.14g (9.44%), Saturated Fat: 2.28g (14.22%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 8.13g (2.95%), Sugar: 6.04g (6.71%), Cholesterol: 27.04mg (9.01%), Sodium: 249.07mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.89%), Selenium: 6.4µg (9.14%), Vitamin B12: 0.49µg (8.18%), Zinc: 1.08mg (7.17%), Vitamin B3: 1.38mg (6.89%), Vitamin B1: 0.09mg (6.34%), Vitamin K: 6.22µg (5.92%), Vitamin B6: 0.12mg (5.82%), Phosphorus: 56.44mg (5.64%), Vitamin B2: 0.07mg (4.27%), Iron: 0.68mg (3.79%), Potassium: 120.2mg (3.43%), Manganese: 0.05mg (2.73%), Vitamin B5: 0.22mg (2.18%), Magnesium: 8.3mg (2.07%), Vitamin E: 0.25mg (1.7%), Copper: 0.03mg (1.64%), Vitamin A: 67.95IU (1.36%), Folate: 5.44µg (1.36%), Calcium: 13.52mg (1.35%), Fiber: 0.31g (1.23%), Vitamin C: 0.89mg (1.08%)