



Slow-Cooker Cranberry Barbecue Meatballs

 Dairy Free

READY IN



230 min.

SERVINGS



24

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup barbecue sauce
- 0.3 cup breadcrumbs plain
- 1 eggs
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground mustard
- 0.5 lb ground pork
- 1 lb ground beef 80% lean (at least)

- 0.5 cup onion finely chopped
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 0.5 teaspoon lawry's seasoned salt
- 0.5 cup roasted cranberry sauce (from 9.2-oz jar)

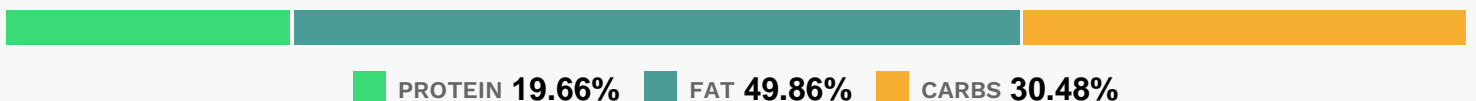
Equipment

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

Directions

- Heat oven to 375F. 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



Properties

Glycemic Index:3.79, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.6200000565985%

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: 111.53kcal (5.58%), Fat: 6.12g (9.42%), Saturated Fat: 2.27g (14.22%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 8.12g (2.95%), Sugar: 6.04g (6.71%), Cholesterol: 27.04mg (9.01%), Sodium: 249.06mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.87%), Selenium: 6.31µg (9.02%), Vitamin B12: 0.49µg (8.18%), Zinc: 1.07mg (7.16%), Vitamin B3: 1.38mg (6.88%), Vitamin B1: 0.09mg (6.31%), Vitamin K: 6.22µg (5.92%), Vitamin B6: 0.12mg (5.81%), Phosphorus: 56.09mg (5.61%), Vitamin B2: 0.07mg (4.26%), Iron: 0.68mg (3.77%), Potassium: 119.89mg (3.43%), Manganese: 0.05mg (2.68%), Vitamin B5: 0.22mg (2.18%), Magnesium: 8.14mg (2.04%), Vitamin E: 0.25mg (1.68%), Copper: 0.03mg (1.63%), Vitamin A: 67.93IU (1.36%), Folate: 5.37µg (1.34%), Calcium: 13.41mg (1.34%), Fiber: 0.3g (1.21%), Vitamin C: 0.89mg (1.08%)