



Slow-Cooker Curry-Mustard Glazed Meatballs

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

READY IN



250 min.

SERVINGS



40

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz pineapple preserves
- 8 oz dijon mustard
- 8 oz dole pineapple tidbits unsweetened undrained canned
- 0.5 cup t brown sugar dark packed
- 1 teaspoon curry powder
- 2.5 lb meatballs frozen italian cooked (80 meatballs)

Equipment

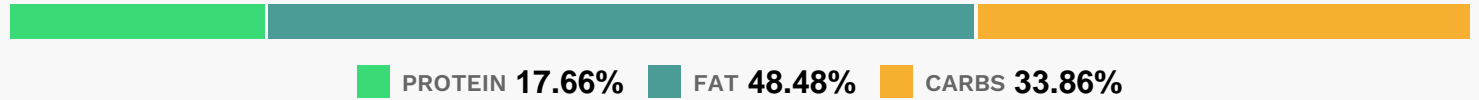
- sauce pan

slow cooker

Directions

- In small saucepan, combine all ingredients except meatballs. Bring to a boil.
- Place meatballs in 2 1/2 to 3-quart slow cooker. Stir in preserves mixture.
- Cover; cook on High setting for 4 hours, stirring twice. Stir well before serving.

Nutrition Facts



Properties

Glycemic Index:2.3, Glycemic Load:3.19, Inflammation Score:-1, Nutrition Score:3.4052173838667%

Nutrients (% of daily need)

Calories: 115.68kcal (5.78%), Fat: 6.22g (9.57%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.34g (3.4%), Sugar: 7.68g (8.54%), Cholesterol: 20.41mg (6.8%), Sodium: 81.82mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Vitamin B1: 0.23mg (15.03%), Selenium: 9.14µg (13.05%), Vitamin B3: 1.29mg (6.43%), Vitamin B6: 0.12mg (6.01%), Phosphorus: 58.03mg (5.8%), Vitamin B2: 0.08mg (4.6%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.2µg (3.31%), Potassium: 107.88mg (3.08%), Magnesium: 9.67mg (2.42%), Iron: 0.43mg (2.4%), Vitamin B5: 0.21mg (2.12%), Vitamin C: 1.51mg (1.83%), Fiber: 0.43g (1.71%), Manganese: 0.03mg (1.69%), Copper: 0.03mg (1.66%), Calcium: 12.67mg (1.27%)