



Slow-Cooker Curry-Mustard Glazed Meatballs

 Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



40

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

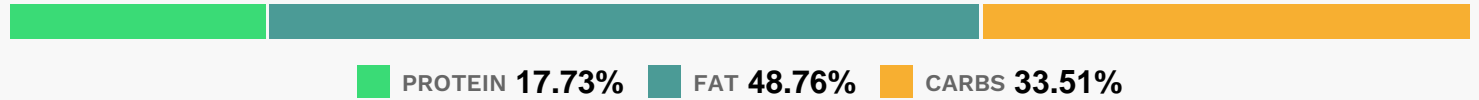
- sauce pan

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:3.45, Glycemic Load:3.52, Inflammation Score:-1, Nutrition Score:3.4521738835003%

Nutrients (% of daily need)

Calories: 115.28kcal (5.76%), Fat: 6.22g (9.57%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 9.25g (3.36%), Sugar: 7.44g (8.27%), Cholesterol: 20.41mg (6.8%), Sodium: 81.88mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Vitamin B1: 0.22mg (14.87%), Selenium: 9.12µg (13.03%), Vitamin B3: 1.28mg (6.4%), Vitamin B6: 0.12mg (6.08%), Phosphorus: 58.09mg (5.81%), Vitamin B2: 0.08mg (4.6%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.2µg (3.31%), Manganese: 0.06mg (3.12%), Potassium: 108.22mg (3.09%), Iron: 0.43mg (2.41%), Magnesium: 9.5mg (2.38%), Vitamin B5: 0.21mg (2.15%), Vitamin C: 1.54mg (1.87%), Copper: 0.03mg (1.55%), Fiber: 0.37g (1.46%), Calcium: 12.5mg (1.25%)