



Slow-Cooker Easy Italian Meatball Stew

READY IN



490 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz meatballs frozen italian thawed cooked
- 1 cup pearl onions frozen
- 0.5 teaspoon salt
- 29 oz tomatoes diced with italian-style herbs, undrained canned
- 2 tablespoons flour all-purpose
- 2 tablespoons water
- 2.5 cups bell pepper frozen thawed drained
- 0.3 cup parmesan fresh shredded

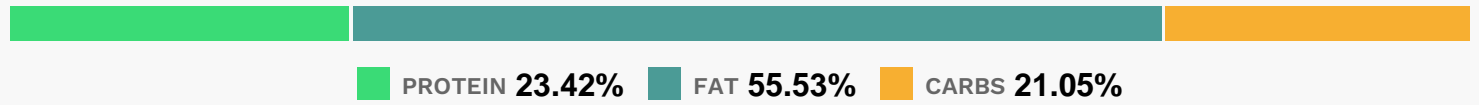
Equipment

- bowl
- slow cooker

Directions

- In 3 1/2 to 4-quart slow cooker, combine meatballs, onions, salt and tomatoes; mix well.
- Cover; cook on low setting for 6 to 8 hours.
- About 20 minutes before serving, in small bowl, blend flour and water until smooth. Stir flour mixture into stew. Stir in bell pepper and onion stir-fry. Increase heat setting to high; cover and cook an additional 15 to 20 minutes or until stew has thickened and bell peppers are thoroughly heated.
- Sprinkle individual servings with cheese.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:4.52, Inflammation Score:-10, Nutrition Score:28.918260738254%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 13.25mg, Quercetin: 13.25mg, Quercetin: 13.25mg, Quercetin: 13.25mg

Nutrients (% of daily need)

Calories: 419.2kcal (20.96%), Fat: 26.29g (40.44%), Saturated Fat: 10.07g (62.95%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 17.31g (6.29%), Sugar: 11.37g (12.63%), Cholesterol: 85.9mg (28.63%), Sodium: 754.77mg (32.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.88%), Vitamin C: 143.49mg (173.92%), Vitamin B1: 1.03mg (68.8%), Vitamin A: 3214.15IU (64.28%), Vitamin B6: 1.01mg (50.59%), Selenium: 31.17µg (44.53%), Vitamin B3: 7.6mg (38.01%), Phosphorus: 326.29mg (32.63%), Vitamin B2: 0.51mg (30.23%), Potassium: 1004.53mg (28.7%), Zinc: 3.32mg (22.1%), Folate: 83.49µg (20.87%), Iron: 3.74mg (20.8%), Fiber: 5.12g (20.47%), Vitamin E: 2.9mg (19.31%), Manganese: 0.38mg (18.89%), Calcium: 174.68mg (17.47%), Magnesium:

64.9mg (16.23%), Vitamin B12: 0.87µg (14.48%), Vitamin B5: 1.41mg (14.13%), Copper: 0.24mg (12.03%), Vitamin K:
10.88µg (10.36%)