



Slow-Cooker Enchilada Meatballs

 Popular

READY IN



135 min.

SERVINGS



32

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup cornbread crumbled
- ☐ 1 eggs slightly beaten
- ☐ 10 oz enchilada sauce canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1.5 lb ground round
- ☐ 0.3 cup onion finely chopped
- ☐ 5 oz cheddar cheese shredded

- ☐ 1 tablespoon taco seasoning (from 1.25-oz package)

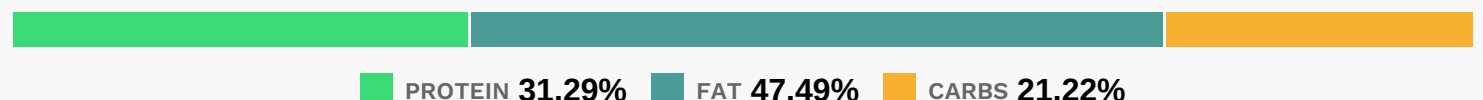
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil
- ☐ spatula
- ☐ slow cooker

Directions

- ☐ Heat oven to 475F. Line 17x12-inch half-sheet pan with foil; spray foil with cooking spray.
- ☐ In large bowl, mix 3/4 cup of the cheese, the cornbread, cilantro, onion, taco seasoning mix, garlic and egg. Crumble beef into cheese mixture, mixing with hands just until blended (do not overmix). Shape mixture into 32 (1-inch) balls.
- ☐ Place in pan.
- ☐ Bake uncovered 15 minutes or until lightly browned.
- ☐ Spray 4- to 5-quart slow cooker with cooking spray. With slotted spatula, remove meatballs from pan to slow cooker.
- ☐ Pour enchilada sauce over meatballs; stir to coat.
- ☐ Cover; cook on Low heat setting 1 hour 30 minutes.
- ☐ Transfer meatballs to serving dish; pour sauce over meatballs.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Serve meatballs with toothpicks or cocktail forks. Meatballs can be held on Low heat setting up to 1 hour; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:3.1617391148339%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 78.04kcal (3.9%), Fat: 4.05g (6.24%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.75g (1.36%), Sugar: 1.61g (1.79%), Cholesterol: 26.3mg (8.77%), Sodium: 159.34mg (6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Vitamin B12: 0.55µg (9.16%), Phosphorus: 83.64mg (8.36%), Zinc: 1.21mg (8.08%), Selenium: 5.13µg (7.33%), Vitamin B3: 1.2mg (6%), Vitamin B6: 0.09mg (4.61%), Calcium: 40.71mg (4.07%), Iron: 0.7mg (3.86%), Vitamin B2: 0.06mg (3.76%), Potassium: 84.52mg (2.41%), Vitamin A: 120.72IU (2.41%), Vitamin B5: 0.19mg (1.94%), Magnesium: 6.67mg (1.67%), Vitamin B1: 0.02mg (1.47%), Folate: 5.87µg (1.47%), Fiber: 0.32g (1.29%), Copper: 0.02mg (1.14%), Manganese: 0.02mg (1.05%)