



Slow-Cooker French Onion Meatballs

 Dairy Free

READY IN



280 min.

SERVINGS



18

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 36 oz meatballs frozen cooked
- 12 oz gravy
- 1 oz onion soup mix dry
- 1 tablespoon sherry dry

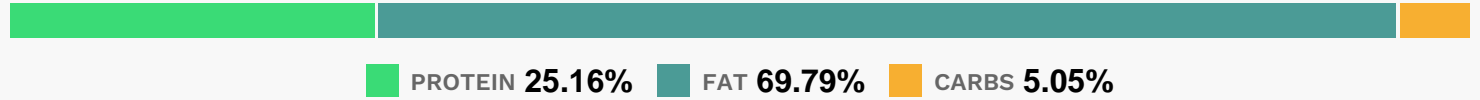
Equipment

- bowl
- toothpicks
- slow cooker

Directions

- In 4- to 5-quart slow cooker, place meatballs. In medium bowl, mix gravy, soup mix and sherry; gently stir into meatballs.
- Cover; cook on Low heat setting 3 1/2 to 4 1/2 hours.
- Serve meatballs with fondue forks or long toothpicks.

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.4426087250366%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg

Nutrients (% of daily need)

Calories: 162.35kcal (8.12%), Fat: 12.34g (18.98%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.4g (0.45%), Cholesterol: 42.34mg (14.11%), Sodium: 244.84mg (10.65%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 10.01g (20.02%), Vitamin B1: 0.42mg (27.96%), Selenium: 14.03µg (20.04%), Vitamin B3: 2.48mg (12.42%), Vitamin B6: 0.23mg (11.34%), Phosphorus: 102.7mg (10.27%), Zinc: 1.27mg (8.44%), Vitamin B2: 0.14mg (8.1%), Vitamin B12: 0.4µg (6.61%), Potassium: 174.67mg (4.99%), Vitamin B5: 0.39mg (3.93%), Magnesium: 11.8mg (2.95%), Iron: 0.52mg (2.89%), Copper: 0.03mg (1.56%), Calcium: 10.27mg (1.03%)