



Slow Cooker Italian Sausage Meatballs With Chianti Sauce and Fusilli

READY IN



360 min.

SERVINGS



4

CALORIES



1228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 28 ounce roma tomatoes whole italian crushed canned
- 1 large eggs
- 1.5 tablespoons flat parsley minced
- 1 pound rotini pasta
- 2 teaspoons garlic clove minced
- 1 pound ground beef
- 1 pound ground sausage italian

- 4 servings pepper black freshly ground
- 0.3 cup oats
- 1 cup onion finely chopped
- 0.3 cup parmesan shredded for garnishing finely
- 2 tablespoons tomato paste

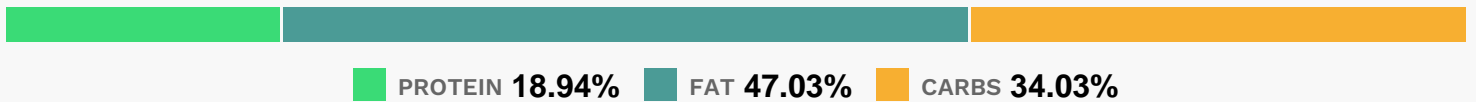
Equipment

- bowl
- slow cooker

Directions

- Place Italian sausage, ground beef, egg, oats, parsley and Parmesan in a large bowl. Season with salt and pepper and combine with hands, taking care not to over-mix. Form into 1 1/2-inch meatballs and place in the slow cooker.
- Add hand-crushed tomatoes, tomato paste, wine, garlic, onion, and vinegar. Season with 3/4 teaspoon salt and 1/2 teaspoon pepper. Stir gently to combine, being careful not to break up or crush meatballs, cover and set slow cooker on low for 6 hours. Halfway through cooking, flip meatballs and bathe them in sauce.
- When sauce is ready, taste and adjust seasonings. Cook pasta according to package directions. Individually top pasta with meatballs and sauce and garnish with Parmesan, or serve family-style.

Nutrition Facts



Properties

Glycemic Index:97.75, Glycemic Load:39.36, Inflammation Score:-9, Nutrition Score:42.379130239072%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg

Myricetin: 0.52mg Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg

Nutrients (% of daily need)

Calories: 1227.5kcal (61.38%), Fat: 63.55g (97.77%), Saturated Fat: 23.35g (145.96%), Carbohydrates: 103.44g (34.48%), Net Carbohydrates: 95.8g (34.84%), Sugar: 11.69g (12.99%), Cholesterol: 217.45mg (72.48%), Sodium: 1106.66mg (48.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.6g (115.19%), Selenium: 124.35µg (177.65%), Manganese: 1.65mg (82.66%), Phosphorus: 713.37mg (71.34%), Zinc: 9.38mg (62.53%), Vitamin B1: 0.93mg (61.78%), Vitamin B12: 3.64µg (60.75%), Vitamin B3: 11.99mg (59.96%), Vitamin B6: 1.14mg (57.19%), Vitamin C: 36.63mg (44.4%), Potassium: 1517.27mg (43.35%), Vitamin K: 43.94µg (41.85%), Vitamin A: 2019.22IU (40.38%), Iron: 6.51mg (36.18%), Copper: 0.69mg (34.47%), Magnesium: 137.46mg (34.37%), Vitamin B2: 0.58mg (33.89%), Fiber: 7.64g (30.54%), Vitamin B5: 2.17mg (21.67%), Folate: 86.02µg (21.51%), Calcium: 186.5mg (18.65%), Vitamin E: 2.19mg (14.62%), Vitamin D: 0.39µg (2.63%)