



Slow-Cooker Meatball and Gravy Sandwiches

 Dairy Free

READY IN



610 min.

SERVINGS



8

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium onion sliced
- ☐ 24 ounces meatballs frozen swedish-style cooked
- ☐ 24 ounces gravy
- ☐ 1 teaspoon nutmeg
- ☐ 8 portugese rolls (7 inches long)

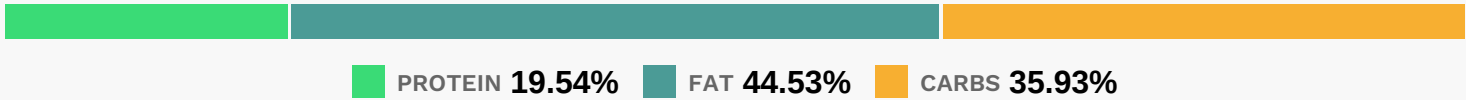
Equipment

- ☐ slow cooker

Directions

- ☐ Place onions in 3 1/2- to 4-quart slow cooker.
- ☐ Add frozen meatballs and gravy.
- ☐ Cover and cook on low heat setting 8 to 10 hours.
- ☐ Stir nutmeg into meatball mixture.
- ☐ Cut hoagie buns horizontally almost
- ☐ in half.
- ☐ Place 6 meatballs in each bun. Top with gravy.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:23.58, Inflammation Score:-1, Nutrition Score:11.405652140794%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 444.95kcal (22.25%), Fat: 21.78g (33.51%), Saturated Fat: 7.49g (46.81%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 37.95g (13.8%), Sugar: 7.01g (7.78%), Cholesterol: 68.04mg (22.68%), Sodium: 730.81mg (31.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.51g (43.01%), Iron: 11.46mg (63.69%), Vitamin B1: 0.64mg (42.4%), Selenium: 21.06µg (30.09%), Vitamin B3: 3.72mg (18.62%), Vitamin B6: 0.36mg (17.96%), Phosphorus: 157.34mg (15.73%), Zinc: 1.92mg (12.82%), Vitamin B2: 0.21mg (12.2%), Vitamin B12: 0.6µg (9.92%), Potassium: 285.11mg (8.15%), Fiber: 1.58g (6.34%), Vitamin B5: 0.6mg (6.02%), Magnesium: 19.37mg (4.84%), Vitamin C: 2.64mg (3.2%), Copper: 0.05mg (2.58%), Manganese: 0.05mg (2.56%), Calcium: 25.08mg (2.51%), Folate: 9.67µg (2.42%)