



## Slow-Cooker Meatball-Bean Stew

 Gluten Free  Dairy Free

READY IN



390 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup onion coarsely chopped
- 16 oz baked beans undrained canned
- 14.5 oz canned tomatoes italian with herbs, undrained canned
- 12 oz meatballs frozen italian-style cooked
- 2 cups zucchini halved lengthwise sliced
- 1 cup savory vegetable mixed frozen thawed

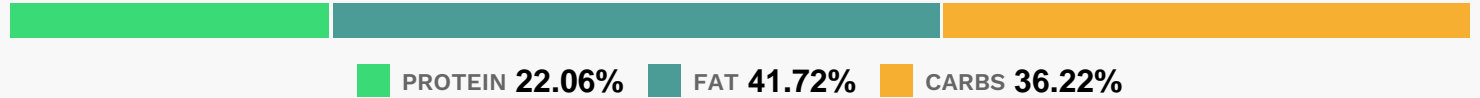
### Equipment

- slow cooker

## Directions

- In 3 1/2- to 4-quart slow cooker, mix onion, baked beans, tomatoes and meatballs.
- Cover; cook on Low heat setting 6 to 7 hours.
- Stir in zucchini and mixed vegetables. Increase heat setting to High. Cover; cook 20 to 30 minutes longer or until vegetables are tender.

## Nutrition Facts



## Properties

Glycemic Index:41.92, Glycemic Load:11.66, Inflammation Score:-9, Nutrition Score:26.694782754649%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

## Nutrients (% of daily need)

Calories: 424.43kcal (21.22%), Fat: 20.52g (31.57%), Saturated Fat: 7.52g (46.99%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 29.11g (10.59%), Sugar: 6.92g (7.69%), Cholesterol: 69.17mg (23.06%), Sodium: 679.89mg (29.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.82%), Vitamin B1: 0.85mg (56.82%), Vitamin A: 2661.79IU (53.24%), Fiber: 10.97g (43.88%), Manganese: 0.85mg (42.62%), Selenium: 27.27µg (38.96%), Vitamin B6: 0.72mg (36.06%), Phosphorus: 360.4mg (36.04%), Vitamin C: 29.63mg (35.91%), Potassium: 1183.08mg (33.8%), Vitamin B3: 6.32mg (31.62%), Zinc: 4.24mg (28.28%), Copper: 0.55mg (27.66%), Iron: 4.72mg (26.2%), Magnesium: 99.35mg (24.84%), Vitamin B2: 0.4mg (23.46%), Folate: 90.31µg (22.58%), Calcium: 132.84mg (13.28%), Vitamin B5: 1.19mg (11.92%), Vitamin B12: 0.6µg (9.92%), Vitamin E: 1.36mg (9.09%), Vitamin K: 8.19µg (7.8%)