



Slow-Cooker Meatballs with Roasted Red Pepper Sauce

 Gluten Free

READY IN



435 min.

SERVINGS



16

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup salad dressing italian
- 26 ounces tomatoes
- 1.5 pounds meatballs frozen thawed (from two 1-pound packages)
- 0.3 cup parmesan cheese grated
- 7.3 ounces roasted peppers red drained

Equipment

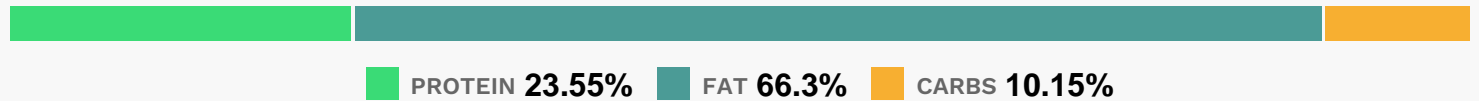
- blender

slow cooker

Directions

- Place meatballs in 3- to 4-quart slow cooker.
- Place bell peppers in blender; cover and blend until smooth.
- Add cheese and Italian dressing; cover and blend until mixed.
- Add marinara sauce; pulse until just blended.
- Pour sauce over meatballs.
- Cover and cook on Low heat setting 6 to 7 hours.
- Stir before serving. Meatballs will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:2.81, Glycemic Load:0.79, Inflammation Score:-3, Nutrition Score:6.8317392515424%

Nutrients (% of daily need)

Calories: 140.6kcal (7.03%), Fat: 10.4g (16%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 2.74g (1%), Sugar: 2.04g (2.26%), Cholesterol: 31.98mg (10.66%), Sodium: 481.84mg (20.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Vitamin B1: 0.33mg (21.78%), Selenium: 11.4µg (16.28%), Vitamin B3: 2.38mg (11.89%), Vitamin B6: 0.23mg (11.72%), Vitamin C: 9.51mg (11.53%), Phosphorus: 99.88mg (9.99%), Vitamin B2: 0.14mg (8.18%), Potassium: 283.58mg (8.1%), Zinc: 1.13mg (7.53%), Vitamin A: 284.09IU (5.68%), Vitamin B12: 0.32µg (5.31%), Iron: 0.94mg (5.2%), Vitamin E: 0.75mg (5.01%), Copper: 0.09mg (4.51%), Vitamin B5: 0.44mg (4.36%), Magnesium: 17.13mg (4.28%), Manganese: 0.08mg (3.83%), Fiber: 0.85g (3.38%), Vitamin K: 3.37µg (3.21%), Calcium: 31.96mg (3.2%), Folate: 8.42µg (2.11%)