



Slow-Cooker Saucy Meatballs

READY IN



390 min.

SERVINGS



30

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs beaten
- 2 cups mushrooms fresh sliced
- 2 pasilla peppers green cut into strips
- 1.5 lb ground beef lean
- 0.3 cup parmesan cheese grated kraft
- 4 cups classico family favorites pasta sauce traditional
- 1 lb pasta like spaghetti uncooked
- 6 oz stove top stuffing mix for turkey
- 0.5 cup water

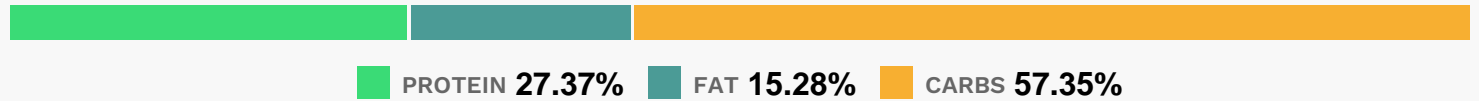
Equipment

slow cooker

Directions

- Mix first 4 ingredients just until blended; shape into 1-inch balls.
- Place in slow cooker; top with vegetables and pasta sauce. Cover with lid.
- Cook on LOW 6 to 8 hours (or on HIGH 3 to 4 hours).
- Cook spaghetti as directed on package, omitting salt.
- Drain spaghetti.
- Serve topped with meatballs, sauce and cheese.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:5.17, Inflammation Score:-3, Nutrition Score:7.2352173574593%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 126.66kcal (6.33%), Fat: 2.14g (3.29%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 16.72g (6.08%), Sugar: 2.36g (2.62%), Cholesterol: 20.54mg (6.85%), Sodium: 272.66mg (11.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.25%), Selenium: 17.85µg (25.51%), Vitamin B3: 2.42mg (12.12%), Manganese: 0.22mg (11.18%), Phosphorus: 107.34mg (10.73%), Zinc: 1.6mg (10.69%), Vitamin C: 8.8mg (10.67%), Vitamin B12: 0.54µg (9%), Vitamin B6: 0.18mg (8.94%), Vitamin B2: 0.13mg (7.54%), Iron: 1.36mg (7.53%), Potassium: 261.46mg (7.47%), Copper: 0.14mg (7%), Magnesium: 22.14mg (5.54%), Fiber: 1.35g (5.42%), Vitamin B1: 0.08mg (5.01%), Folate: 18.96µg (4.74%), Vitamin B5: 0.46mg (4.64%), Vitamin E: 0.62mg (4.15%), Vitamin A: 188.44IU (3.77%), Calcium: 27.04mg (2.7%), Vitamin K: 1.67µg (1.59%)