



Tangy Cranberry Meatballs

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.2 oz brown gravy mix
- 2 teaspoon dijon mustard
- 1.8 pounds meatballs frozen
- 2 tablespoons whipping cream
- 0.8 cup roasted cranberry sauce
- 48 servings cranberries dried fresh sweetened minced

Equipment

- slotted spoon

slow cooker

Directions

Place frozen meatballs in a slow cooker; set aside.

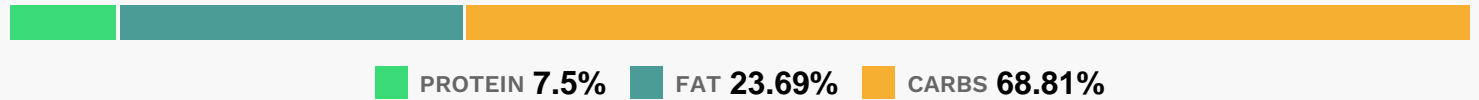
Make gravy according to package directions; stir in cranberry sauce, mustard and cream. Stir until well blended; pour over meatballs and stir to coat evenly.

Cover and cook on low setting for 4 to 5 hours, or on high setting for 2 to 3 hours.

To serve, use a slotted spoon to remove meatballs to a serving dish.

Sprinkle with dried cranberries and minced parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:0.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.6208695804943%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 145.4kcal (7.27%), Fat: 4.08g (6.28%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 25.04g (9.1%), Sugar: 23.22g (25.8%), Cholesterol: 12.61mg (4.2%), Sodium: 17.4mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin B1: 0.13mg (8.41%), Fiber: 1.65g (6.59%), Selenium: 4.36µg (6.22%), Vitamin E: 0.68mg (4.51%), Vitamin B3: 0.89mg (4.44%), Manganese: 0.08mg (4.23%), Vitamin B6: 0.08mg (3.79%), Phosphorus: 32.1mg (3.21%), Vitamin B2: 0.05mg (2.91%), Zinc: 0.4mg (2.65%), Vitamin K: 2.36µg (2.25%), Vitamin B12: 0.12µg (1.95%), Potassium: 64.29mg (1.84%), Vitamin B5: 0.18mg (1.78%), Iron: 0.28mg (1.58%), Copper: 0.03mg (1.39%), Magnesium: 4.57mg (1.14%)