

Barbecue Meatballs

*Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370*

Servings: 28

*1 cup soft bread crumbs
1/3 cup milk
3/4 pound ground round beef
3/4 pound lean ground pork
3/4 cup Parmesan cheese, finely
grated
1 small (1/3 cup) onion, finely
chopped
1/3 cup fresh parsley, chopped
1 egg, slightly beaten
2 cloves garlic, finely chopped
1 teaspoon salt
1/4 to 1/2 teaspoon freshly ground
pepper
1 bottle (18 ounce) barbecue sauce*

Preparation Time: 20 minutes

Preheat the oven to 400 degrees.

In a small bowl, mix the bread crumbs and milk. Let stand for 10 minutes. Squeeze the bread crumbs gently to remove the excess liquid.

In a large bowl, place the soaked bread crumbs, beef, pork, cheese, onion and parsley.

In a small bowl, mix the egg, garlic, salt and pepper. Add to the meat mixture. Using your hands, gently mix the ingredients until well blended (do not overmix). Shape the mixture into twenty-eight meatballs. Place in a 17X12-inch half-sheet pan. Bake for 20 minutes or until no longer pink.

Spray a three-1/2- to four-quart slow cooker with cooking spray. Use a slotted spoon to transfer the meatballs from the pan to the slow cooker. Pour the barbecue sauce over the meatballs. Stir to coat.

Cover and cook on LOW heat setting for three hours.

Serve the meatballs with cocktail forks or toothpicks. The meatballs can be held on LOW heat setting for up to two hours; stir occasionally.

Start to Finish Time: 3 hours 40 minutes

Per Serving (excluding unknown items): 27 Calories; 1g Fat (37.9% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 202mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	27	Vitamin B6 (mg):	trace
% Calories from Fat:	37.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	38.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	23.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	4mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	10mg	% Refuse:	0%
Carbohydrate (g):	3g		
Dietary Fiber (g):	trace	Food Exchanges	
Protein (g):	2g	Grain (Starch):	0
Sodium (mg):	202mg	Lean Meat:	0
Potassium (mg):	38mg	Vegetable:	0
Calcium (mg):	40mg	Fruit:	0
Iron (mg):	trace	Non-Fat Milk:	0
Zinc (mg):	trace	Fat:	0
Vitamin C (mg):	2mg	Other Carbohydrates:	0
Vitamin A (i.u.):	142IU		
Vitamin A (r.e.):	19 1/2RE		

Nutrition Facts

Servings per Recipe: 28

Amount Per Serving

Calories 27 Calories from Fat: 10

% Daily Values*

Total Fat 1g	2%
Saturated Fat 1g	3%
Cholesterol 10mg	3%
Sodium 202mg	8%
Total Carbohydrates 3g	1%
Dietary Fiber trace	1%
Protein 2g	
Vitamin A	3%
Vitamin C	3%
Calcium	4%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.