

BBQ MEATBALLS

Gluten Free, Lower Saturated Fat, Lower Sodium

Serves: 12 (Serving= 2 meatballs)

Nutrition (per serving)

Calories: 222

Total Carbohydrate: 22 g

Total Fat: 6 g

Dietary Fiber: 0 g

Saturated Fat: 2 g

Protein: 16 g

Sodium: 117 mg



Ingredients

Meatballs

- 2 pounds 93% lean ground turkey breast
- 2 large eggs
- ½ cup plain bread crumbs (gluten free version - use gluten free bread crumbs)

BBQ Sauce

- 1 ½ cups no salt added ketchup
- ½ cup apple cider vinegar
- ½ cup honey
- ¼ teaspoon cayenne pepper
- ¼ cup grated onion
- ¼ teaspoon black pepper
- Cooking spray
- ½ teaspoon dry mustard
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ½ teaspoon onion powder



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- ½ teaspoon celery seed

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a large bowl, combine all meatball ingredients and mix well.
3. Spray baking sheet with cooking spray. Form meatball mixture into 24 meatballs and place on baking sheet evenly spread apart.
4. Bake for about 15 minutes.
5. While baking, in a small bowl combine all BBQ sauce ingredients and mix well.
6. Pour sauce over meatballs.