

InstaPot Cranberry BBQ Meatballs

Meatballs with a sweet and tangy twist do not get much easier than this! These are quick and made “instantly” with the famous [InstaPot](#). I used lean ground turkey to keep saturated fats at a minimum, low sugar BBQ sauce to reduce added sugars, and organic cranberry sauce to avoid high fructose corn syrup. These are perfect alongside fresh potatoes and veggies for a complete meal!

Ingredients:

1 ½ lbs	Lean ground turkey (93/7 lean)
¼ large	Red onion, finely chopped
1 tsp	Dried thyme
1 tsp	Smoked paprika
1 tsp	Ground black pepper
¾ cup	Plain whole wheat bread crumbs
1 medium	Egg
1 cup	BBQ sauce (I use Stubb’s Original BBQ sauce ; it has a lot less sugar)
1 cup	Organic cranberry sauce (I use organic to avoid high fructose corn syrup)

Directions:

1. In a large bowl, combine the lean turkey, onion, thyme, paprika, black pepper, and bread crumbs. It is helpful to use your hands to mix until all ingredients are combined well.
2. Roll in 35 balls and place into the [InstaPot](#).
3. In a medium bowl, mix the BBQ and cranberry sauce together. Pour over the meatballs in the InstaPot.
4. Place lid on top and lock, then set the pressure valve to “sealed”
5. Press “pressure cook” and set the timer to 10 minutes. The screen will only read “ON” until the chamber fills with pressure, then the timer will begin to count down.
6. Once timer goes off, all the pressure to “Naturally Release” for 5 minutes. Natural release means you take no action, leaving the valve sealed allowing the pressure to release on its own. After 5 minutes, open the valve to release remaining pressure.
7. Serve meatballs warm.

Servings: 7
 Serving size: 5 meatballs

InstaPot Cranberry BBQ Meatballs		
Nutrition Facts		
Serving Size	1 × 5 Meatballs	
Amount Per Serving		
Calories	334.4	
	% Daily Value*	
Total Fat	12.3 g	16 %
Saturated Fat	3.1 g	16 %
Trans Fat	0.1 g	
Cholesterol	124.5 mg	10 %
Sodium	384.5 mg	17 %
Total Carbohydrate	26.4 g	10 %
Dietary Fiber	2.6 g	9 %
Total Sugars	14.7 g	
Added Sugars	0 g	0 %
Protein	29.3 g	
Vitamin D	0.3 mcg	2 %
Calcium	42.3 mg	3 %
Iron	2.2 mg	12 %
Potassium	363.7 mg	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com