

# Macro Friendly Hawaiian Meatballs

Recipe makes 6 servings, each serving is:

446  
kcal

8 g  
fat

57 g  
carbs

38 g  
pro

## Ingredients

### Meatballs

- 800 g Extra Lean Ground Chicken
- 1 egg
- 1/4 c. panko bread crumbs
- 1/4 c. parmesan cheese
- 1 tsp oregano
- 1/2 tsp each of garlic and onion powder
- 1/4 tsp red chili flakes
  
- 1 can (435 g) pineapple chunks + juice
- 2 bell peppers, chopped
- 6 ribs of celery, chopped
- 1/2 red onion, chopped
- Serve over cooked rice

Buy reduced sugar BBQ sauce or homemade low sugar BBQ Sauce:

- 1 small can (227 ml) tomato sauce
- 3 Tbsp each of maple syrup, tamari, and apple cider vinegar
- 2 Tbsp fancy molasses
- 1 tsp smoked paprika
- 1/2 tsp chipotle powder
- Dash of liquid smoke
- Salt & pepper as needed

## Directions

1. If making homemade BBQ sauce, combine all ingredients and blend or shake well.
2. In a large bowl combine the meatball ingredients and form into ~36 equal sized balls.
3. In a large frying pan, over medium heat, add oil and brown the meatballs until they are about 75% cooked.
4. Transfer the meatballs, fresh veggies, the can of pineapple chunks, and BBQ sauce to an Instant Pot or slow cooker.
5. Set the instant pot to manual for 10 minutes or slow cook on high for 2-3 hours.
6. Serve over rice!

**THE NUTRITIONIST**

