

Asian Turkey Meatballs



Makes 9 meatballs

Ingredients:

- 1/4 cup almond flour
- 1 1/4 pounds 93% lean ground turkey
- 1 large egg
- 1 tablespoon ginger, minced
- 1 clove garlic, minced
- 1/2 teaspoon kosher salt
- 1/4 cup chopped fresh cilantro
- 3 scallions, chopped
- 1 tablespoon low sodium soy sauce

- 2 teaspoons sesame oil

For the Dipping Sauce:

- 3 tablespoons reduced-sodium soy sauce
- 1 1/2 teaspoons sesame oil
- 1 1/2 tablespoons fresh lime juice
- 1 1/2 tablespoons water
- 1 tablespoon chopped fresh scallion

Instructions:

1. Preheat oven to 500°F.
2. In a large bowl, combine the ground turkey, almond flour, egg, salt, scallions, ginger, cilantro, 1 tbsp of the soy sauce and 2 teaspoons of the sesame oil. Gently mix with your hands until combined well.
3. Shape meatballs 1/4 cup in size and transfer to a baking sheet. Bake until cooked through and browned, about 15 to 18 minutes.
4. For the dipping sauce: mix the lime juice, water, soy sauce, and remaining 2 teaspoons of oil in a bowl. Add the scallions and set aside.
5. Transfer the meatballs to a serving dish. Stir the sauce, then drizzle the meatballs with a little of the sauce. Serve the meatballs with the remaining sauce on the side.

Nutrition per meatball: Calories 147; Total Fat 9.3 g; Saturated Fat 1.9 g; Monounsaturated Fat 3.7 g; Polyunsaturated Fat 2.9 g; Total Carbohydrates 1.7 g; Dietary Fiber 0.5 g; Sugar Alcohols 0.0 g; Sugars 0.5 g; Protein 14.5 g; Sodium 536 mg