

Low-Carb Meatballs



Makes 15 meatballs

Ingredients:

- 1 1/2 pounds ground beef (80/20)
- 2 tablespoons fresh parsley, chopped
- 3/4 cup grated Parmesan cheese
- 1/2 cup almond flour
- 2 eggs
- 1 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder

Adapted from IBreathemHungry.com

- 1 teaspoon dried onion flakes
- $\frac{1}{4}$ teaspoon dried oregano
- $\frac{1}{2}$ cup warm water

Instructions:

1. Combine all ingredients in a large bowl and mix well.
2. Form into fifteen 2-inch meatballs.
3. Bake at 350°F for 20 minutes OR fry in a large skillet over medium heat until cooked through.

Nutrition per 3-meatball serving: Calories 399; Total Fat 27.1 g; Saturated Fat 9.1 g; Monounsaturated Fat 12.2 g; Polyunsaturated Fat 2.3 g; Total Carbohydrates 5.1 g; Dietary Fiber 1.4 g; Sugar Alcohols 0.1 g; Sugars 0.9 g; Protein 32.9 g; Sodium 833 mg