

Low Carb Meatballs

The ingredients:

- 1lbs ground beef (80/20)
- 1lbs ground pork
- 1 cup grated parmesan cheese
- 3/4 cup almond flour
- 2 eggs
- 1 tsp kosher salt
- ½ tsp ground black pepper
- ½ tsp garlic powder
- 1 tsp dried onion powder
- 1/2 cup beef broth

Approximate nutrition per plain meatball:

.5 total carbs, .25 net carbs, 8 g fat, 9 g protein, 109 calories

The Directions:

1. Combine all of the meatball ingredients in a large bowl and mix well.
2. Form into 32 - 1.5 ounce meatballs.
3. Bake at 400 degrees (F) for 20 minutes OR fry in a large skillet over medium heat until cooked through.