



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Italian Meatballs

1.2g NET Carbs (Low Carb Keto)

This comfort food is the best flavored-packed meatballs with a delicious sauce that will make you coming back for more.

The low carb keto meatball recipe will become your next favorite recipe with no guilt when you go back for seconds.



28 Servings - 1 serving Meatball with Sauce = 125 calories / 8.5g fat / 1.2g net carbs / 7.5g protein

Sauce (1 Tbsp): 8.5 calories / 0g fat / 0.7g net carbs / .05g protein

1 Meatball: 115 calories / 8.65g fat / 0.5g net carbs / 7g protein

INGREDIENTS

Meatballs:

- 1 lb ground beef
- 1 lb Italian sausage
- 2/3 cup parmesan cheese
- 1/3 cup almond flour
- 1 egg, beaten
- 1 Tbsp Ginger
- 1/2 tsp ground black pepper
- 1 Tbs onion powder
- 1 Tbsp garlic powder
- 1 tsp ground mustard powder
- 1 Tbsp Italian seasoning

1/4 cup chopped fresh parsley

1 Tbs chopped fresh chives

Sauce:

- 1/2 cup water
- 1/2 cup reduced sodium soy sauce
- 1/2 cup brown sugar substitute
- 4 tsp granulated sugar substitute
- 1/4 cup apple cider vinegar
- 1 Tbs Onion Powder
- 1 Tbsp Garlic Powder
- 1/4 tsp xanthan gum

Instructions:

1. Preheat the oven to 350°F and cook for 30mins
2. Start with Meatballs. Remove meat from the sausage skins and add to ground beef in a mixing bowl.
3. Add remaining meatball ingredients to the meat and using your hands mix until all spices and herbs is blended throughout the meat mixture.
4. Start making your meatballs, the macros are for meatballs the size of golf balls, you can go smaller or bigger just adjust the macros accordingly.
5. Start Cooking the meatballs while you make the sauce.
6. Add the sauce wet ingredients to a sauce pan on medium to high heat, bring to a slight boil. Add dry ingredients slowly to help dissolved the ingredients. Keep Xanthan Gum for last. While sauce is boiling slowly sprinkle in the xanthan gum. Keep stirring as the sauce will start to thicken. While stirring reduce heat to medium.
7. Once the desired thickness of sauce is reached remove from heat and add to meatballs after the meatballs as cooled. Enjoy!

