

Skillet Keto Meatballs

YOU WILL NEED

- 1 lb. ground meat (no more than 93% lean)
- 2 tbsp parmesan cheese
- 1/4 cup almond flour
- 2 tablespoons olive oil
- 2 tbsp mayonnaise
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tbsp favorite Creole or Cajun seasoning blend
- 2 cups no sugar added marinara sauce



PROCEDURE

- Combine all ingredients except marinara
- Form mixture into 20, 1 inch balls
- Heat 1 tbsp olive oil in skillet (I use a cast iron skillet)
- Cook meatballs for 3-4 minutes per side or until cooked through
- Add marinara to pan and coat meatballs

NUTRITION FACTS

SERVING SIZE: 1 CUP

CALORIES: 425

FAT: 23.5 G

CARBS: 10.6 G

PROTEIN: 40 G