

# Zack's Keto Gluten-Free Meatballs

Makes 32 Meatballs

Time to prepare: 30 minutes

Be sure to check out our step by step video at:

[https://youtu.be/WPgVZCt\\_lqc](https://youtu.be/WPgVZCt_lqc)



## You will need:

- 1 cup almond flour
- 1 lb lean ground beef
- 1 lb lean ground pork
- ½ tsp salt
- ½ tsp pepper
- ½ tsp paprika
- 1 tsp italian seasoning
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 large egg beaten
- 1 cup grated cheddar cheese

## Preparation

1. Preheat oven to 400°F (200°C)
2. In a bowl combine the flour and seasonings put aside.
3. In a large bowl, combine the ground beef and ground pork, mix well. Mix in the grated cheddar cheese and egg.
4. Add the dry ingredients and mix thoroughly.
5. Prepare a large baking sheet lined with parchment or non-stick foil.
6. Roll meatballs into approx 1" diameter and place on a baking sheet.
7. Bake for approx 15-20 minutes or until done to an internal temperature of 160°F or 71°C

## Macros:

**1 Meatball: Calories:99**  
**4 Meatballs: Calories:394**

**Protein:7.2g**  
**Protein:29g**

**Fat:7.3g**  
**Fat:29g**

**Net Carbs:0.4g**  
**Net Carbs:1.5g**