



Keto Paleo Meatballs

Active Time: 15 minutes | **Total Time:** 40 minutes | **Serves:** 10

Nutrition Information Per Serving

222.8 calories, 0.47 g carbohydrate, 0.07 g fiber, 0.4 g NET carbs, 17.84 g protein, 16.41 g fat

Ingredients

- 1 pound pastured ground pork
- 1/4 cup(s) fresh parsley, finely chopped
- 1 pound grass-fed ground beef
- 2 large(s) pastured eggs, beaten
- 3 clove(s) organic garlic, pressed
- 1/2 tsp(s) sea salt

Preparation

1. Preheat the oven to 350 degrees F. Grease a cookie sheet.
2. In a large mixing bowl, combine the ground beef and pork. Add the eggs, garlic, parsley and sea salt. Mix gently to combine. Do not over-mix.
3. Form the meatball mixture into 1-inch balls and place on cookie sheet.
4. Transfer to oven and bake for 25-30 minutes until no longer pink in the center.

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