



Air Fryer Meatballs

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

400 calories, 2.96 g carbohydrate, 1.1 g fiber, 1.86 g NET carbs, 34.2 g protein, 28.19 g fat

Ingredients

- 1 tsp Italian seasoning
- 16 ounce(s) grass-fed ground beef
- 1/4 pound(s) ground pork
- 1/2 cup(s) grated Parmesan cheese
- 1/3 cup(s) blanched almond flour
- 1 large egg
- 2 clove(s) cloves garlic, minced

Preparation

1. Preheat an air fryer to 350 degrees F.
2. Combine beef, pork, Parmesan cheese, almond flour, egg, garlic, Italian seasoning, and salt in a large bowl. Mix until evenly combined.
3. Form into 16 equal meatballs and place on a baking sheet.
4. Place 1/2 of the meatballs in the basket of the air fryer and cook 8 minutes. Shake the basket and cook 2 minutes more. Transfer to a serving plate and let rest for 5 minutes. Repeat with remaining meatballs.

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