

Easy Low-Carb Marinara Meatballs

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per serving, 4 meatballs): Total carbs: 5.7 g, Fiber: 1.4 g,

Net carbs: 4.3 g, Protein: 22.6 g, Fat: 37.3 g, Calories: 451 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 500 g ground beef (1.1 lb)
- 1 garlic clove *or* 1 tsp garlic powder
- 1 1/2 tsp onion powder
- 1 tsp apple cider vinegar *or* [coconut aminos](#)
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp [Dijon mustard](#)
- 2 tbsp chopped parsley *or* basil
- 1 batch [Marinara Sauce](#), about 1 1/2 cups (300 ml/ 10 fl oz)
- Optional:* 1-2 tbsp fresh herbs such as parsley or basil

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Instructions

1. Prepare the [Marinara Sauce](#) as per the [recipe here](#).
2. Preheat the oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). (Skip if you're cooking the meatballs in a frying pan. See recipe post above for more info.)
3. Place all the ingredients in a mixing bowl and use your hands to combine. Shape into 15 to 16 meatballs, about 33 g (1.2 oz) each. Place the meatballs on a greaseproof lined baking tray.
4. Bake for about 12 to 15 minutes or until cooked through.
5. Add the marinara sauce to a skillet and add the meatballs. Cook to warm through, about 2 to 4 minutes.
6. Option to top with fresh parsley, basil and cracked black pepper to serve. Store in a Tupperware in the fridge for up to 4 days. Freezer for 3 months.

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