

Keto BBQ Liver Meatballs

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving, 3 meatballs): Total carbs: 8.8 g, Fiber: 2.7 g,

Net carbs: 6.1 g, Protein: 26.6 g, Fat: 31.5 g, Calories: 423 kcal,

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



Ingredients (makes 4 servings)

- 1 lb ground beef (450 g)
- 4 oz beef or chicken liver (113 g)
- 1/2 small yellow onion, minced (80 g/ 2.8 oz)
- 2 garlic cloves, minced
- 1 tbsp paprika
- 1/2 tsp cracked black pepper
- 1/2 tsp sea salt or [pink Himalayan salt](#)
- 1 tsp [extra virgin olive oil](#) or [ghee](#) (15 ml)
- 1 cup sugar-free BBQ sauce - try our [Keto BBQ sauce](#) (240 ml/ 8 fl oz)

Optional: parsley, for serving

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Instructions

1. Place all the ingredients in a food processor and pulse until combined.
2. Form into 2-inch (5 cm) meatballs, about 12 meatballs (or up to 16 if making smaller meatballs).
3. Heat 1 teaspoon of olive oil over medium heat. Sear the meatballs 3-4 minutes per side until browned. Add in the BBQ sauce and gently stir to cover all meatballs.
4. Cook for 4-5 minutes until cooked through. Garnish with parsley if desired and serve with [cauli-rice](#), [flavoured cauliflower rice](#), [shirataki noodles](#), steamed or roasted veggies (kale, asparagus, green beans, etc.) Refrigerate leftovers for up to 4 days.

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