

Keto Palmini Spaghetti Bolognese

Hands-on 15 minutes Overall 20 minutes

Nutritional values (per serving, about 1 cup meat sauce + 1/2 can palmini linguine):

Total carbs: 10.4 g, Fiber: 4 g, **Net carbs: 6.3 g**, Protein: 25.3 g, Fat: 37.2 g, Calories: 474 kcal,

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



Ingredients (makes 4 servings)

2 cans [palmini](#) linguine noodles, drained (450 g/ 1 lb)

500 g ground beef (1.1 lb)

1 1/4 cups [Homemade Marinara Sauce](#), 1 recipe (300 ml/ 10 fl oz)

Optional: 4 tbsp grated Parmesan cheese or more, to serve (20 g/ 0.7 oz)

Optional: fresh basil leaves, to serve

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)

Instructions

1. Open the Palmini cans and drain the liquid by pouring the content of both cans in a colander.
2. Rinse with water and set aside. The noodles can be eaten as they are or you can place them in a pot with hot water to heat up for 30 to 60 seconds, or heat in a microwave for 30-60 seconds. If you want to warm them up, do that just before serving.
3. Meanwhile, prepare the [Marinara Sauce](#) and the beef.
4. Place the ground meat in a cast iron skillet or a non stick pan. (If using cast iron, add a few tablespoons of water.) Cook over a medium-high heat until browned and opaque, for about 10 minutes. Add the [Marinara Sauce](#) and cook to heat through. Take off the heat.
5. Place the marinara flavoured meat in a serving bowl and top with the noodles.
6. Optionally serve each with 1 to 2 tablespoons of grated parmesan and a few basil leaves.
7. To store, refrigerate the meat mixture for up to 4 days or freeze for up to 3 months. Palmini are best prepared fresh — it only takes a minute!

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)