

Keto Party Meatballs

Hands-on 15 minutes Overall 30 minutes

Nutritional values (per meatball): Total carbs: 1.4 g, Fiber: 0.5 g, **Net carbs: 0.9 g,**

Protein: 7 g, Fat: 9.3 g, Calories: 117 kcal,

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



Ingredients (makes 20-25 meatballs)

Meatballs:

- 500 g ground beef (1.1 lb)
- 1 large egg
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 cup [almond flour](#) (50 g/ 1.8 oz) or 1/2 cup [coconut flour](#) (30 g/ 1.1 oz)
- 1 cup diced mozzarella, 20-25 pieces (132 g/ 4.7 oz) - use the *low-moisture pizza type*
- 1 tsp salt or to taste (I like [pink Himalayan](#))
- freshly ground [black pepper](#)

Sauce and Topping:

- 1/2 cup [Homemade Marinara Sauce](#) (120 g/ 4.2 oz)
- 20-25 pitted olives, green or black (60 g/ 2.1 oz)
- fresh basil for garnish

Tip: If served for dinner, it will be enough for four people. Try the meatballs on top of [cauli-rice](#) or [zucchini noodles](#).

Instructions

- Preheat the oven to 230 °C/ 450 °F. Dice the mozzarella in 20-25 equal sized pieces. Place it in the freezer for 30-60 minutes. Freezing the cheese will prevent it from leaking out while baking. Place the meat, egg, minced garlic, thyme, oregano, ...
- ... almond flour, salt and pepper into a bowl. Mix until well combined using your hands or a mixer.
- Divide the meat into 20-25 pieces (I made 20). Remove the cheese from the freezer.
- Take each piece and flatten using your hands. Place a piece of the mozzarella cheese in the middle and fold the meat over it.

- Briefly roll between hands and place on a baking tray lined with parchment paper or a [non-stick baking mat](#). Place in the oven and bake for 13-15 minutes.
- Meanwhile, prepare the [Marinara Sauce](#). Place the marinara sauce in a large pan and heat up over a medium heat. *The first time I made this recipe, I used too much marinara sauce (photo below) which I then used to make another batch of meatballs.*
- Take the meatballs from the oven and place in the pan with marinara sauce. Using a spoon or a spatula, cover with the sauce from all sides. Drain the olives (I used both green and black Kalamata olives).
- Insert a toothpick into each olive and then into each meatball. Garnish with freshly chopped basil and enjoy! *Tip: You can serve the marinara sauce separately from the meatballs by dipping into it.*

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