

Low-Carb Chicken Pesto Meatballs

Hands-on 10 minutes Overall 20-30 minutes

Nutritional values (per serving, 4 meatballs): Total carbs: 6.2 g, Fiber: 1.9 g,

Net carbs: 4.3 g, Protein: 27.3 g, Fat: 32.9 g, Calories: 424 kcal,

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



Ingredients (makes 4 servings)

450 g ground chicken, ideally thighs (1 lb)

1 large egg

1/2 cup [almond flour](#) (50 g/ 1.8 oz) or 3 tbsp [coconut flour](#) for nut-free (24 g/ 0.9 oz)

1/2 cup pesto, divided into 2 parts (125 g/ 4.5 oz)

1 small red onion, chopped (60 g/ 2.1 oz)

1/2 tsp sea salt

Note: You can easily [make any pesto](#) with your favorite herbs,, nuts or seeds, with or without dairy.

Instructions

1. Preheat oven to 190 °C/ 375 °F (unless you cook them in a pan).
Place the chicken, egg, almond flour, 1/4 cup pesto, chopped onion and salt in a large bowl and mix to combine.
2. Roll the mixture into 16 balls and place on a baking sheet.
3. Bake for about 20 minutes or until golden and cooked through.
Alternatively, cook the meatballs in a hot, lightly greased pan for 2-3 minutes per side, until browned and cooked through. Do not turn too soon or they will crumble (don't turn until a crust develops on the outside).
4. Top with the remaining 1/4 cup pesto to serve. Eat with fresh green salad, cauli-rice or roasted vegetables. Store in an airtight container in the refrigerator for up to 5 days.

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