

# Low-Carb Italian Cauliflower Polpette

Hands-on 40 minutes Overall 1 hour 20 minutes



**Nutritional values (per serving, 5 balls):** Total carbs: 15.4 g, Fiber: 7.4 g, **Net carbs: 8 g**,

Protein: 13.6 g, Fat: 27.5 g, Calories: 338 kcal,

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

## Ingredients (makes 4 servings)

- 1 medium head cauliflower (about 650 g/ 23 oz)
- 4 tbsp [extra virgin olive oil](#) (60 ml)
- 1/4 cup chopped parsley (15 g/ 0.5 oz)
- 2 tbsp chopped spring onions (12 g/ 0.4 oz)
- 2/3 cup grated Parmesan cheese *or* other Italian hard cheese (60 g/ 2.1 oz)
- 1/2 tsp sea salt
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 2/3 cup [almond flour](#), halved (67 g/ 2.4 oz)
- 3 tbsp [psyllium husks](#) (12 g/ 0.4 oz)
- 1 small egg

## Instructions

1. Preheat oven to 180 °C/ 355 °F (conventional), or 160 °C/ 320 °F (fan assisted). Roughly cut cauliflower into florets.
2. Add the olive oil to a large fry pan over medium heat, and add the florets and salt, stirring to coat.
3. Cover, and cook 5 minutes, stirring occasionally. Remove the lid and continue cooking another 8 - 10 minutes until the cauliflower is cooked the and any liquid evaporated.
4. Remove the fry pan from the heat, and allow to cool. Once cool, add to a [food processor](#) with the herbs, onion and garlic powder, cheese, half of the almond flour and psyllium husks and process until combined.
5. Add the egg and pulse a few times until mixed through.
6. The mixture should be wet enough to shape into 20 balls (about 42 g/ 1.5 oz per ball), but not that wet that it's sloppy.
7. Place the rest of the almond flour on a plate. Use a teaspoon to scoop out the mixture and form into small balls. Roll in the almond meal, and then place on a lined baking tray. Bake 35- 40 minutes

until golden.

8. Serve immediately.
9. Lasts 2 – 3 days in the fridge – reheat in the oven before serving.

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