

Low-Carb Vietnamese Turkey Meatball Bowls

Hands-on 20 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 10.3 g, Fiber: 2.8 g, **Net carbs: 7.5 g,**

Protein: 39.4 g, Fat: 55.9 g, Calories: 684 kcal,

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



Ingredients (makes 2 servings)

Meatball Ingredients:

- 1 lb ground turkey (450 g)
- 1-inch (2 1/2 cm) piece fresh ginger, minced (10 g/ 0.4 oz)
- 2 garlic cloves, minced
- 1 tsp [coconut aminos](#) or tamari
- 1 tsp [fish sauce](#)
- 1/4 tsp [sea salt](#) or [pink Himalayan salt](#)
- 1/4 tsp white pepper
- 1/4 cup oil such as coconut, avocado or lard for frying (60 ml/ 2 fl oz)

Quick Pickles:

- 4 radishes, thinly sliced (85 g/ 3 oz)
- 1/2 cup matchstick carrots (50 g/ 1.8 oz)
- 1 cup cucumber slices (100 g/ 3.5 oz)
- 2 tbsp water (30 ml)
- 2 tbsp rice [wine vinegar](#) (30 ml)
- pinch of red pepper flakes

Toppings:

- 1 bag shirataki noodles (100 g/ 3.5 oz)
- mixed herbs of choice (thai basil, mint, cilantro)
- lime wedges for garnish

Instructions

1. In a medium bowl mix together the ingredients for the meatballs.
2. Form into 2-inch (5 cm) meatballs. Heat a large skillet over medium high heat with the oil. Sear meatballs 3-4 minutes per side until crisp and cooked through.
3. Place the pickle ingredients in a small bowl and toss to combine.

4. Prepare the shirataki noodles [according to these directions](#).
5. To serve divide the meatballs, pickles, and noodles between two bowls. Top with herbs and a lime wedge.

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