



KETOGENIC GENERAL TSO'S MEATBALLS

Keto General Tso's Meatballs, delicious and fits any Keto program Approx nutrition info per serving: 322 calories, 25g fat, 3.75g net carbs, 23g protein

 20 minutes

 1 hour

 3 portions

INGREDIENTS

- 1 lb of turkey, Ground, raw [454 g]
- 4 tsps of ginger root, raw [8 g]
- 1/4 cup, chopped of onions, spring or scallions [includes tops and bulb], raw [25 g]
- 2 tsps of garlic, raw [6 g]
- 1 large unit of egg, whole, raw, fresh [50 g]
- 2 tablespoons of oil, grapeseed [27 g]
- 1/2 tablespoon of oil, sesame, salad or cooking [7 g]
- 3 tbsps of vinegar, red wine [45 g]
- 3 tbsps of soy sauce made from soy [tamari] [54 g]
- 1/4 fl oz of beverages, water, tap, well [7 g]
- 3 servings [1 packet] of sweeteners, tabletop, sucralose, SLENDA packets [3 g]
- 1/4 cup, chopped of onions, spring or scallions [includes tops and bulb], raw [25 g]
- 2 units of peppers, hot chili, red, raw [90 g]

COOKING METHOD

- 1° Combine all of the meatball ingredients and mix thoroughly. Form into 16 balls and saute/fry in oil over medium heat until cooked through and crispy. Alternatively you could bake them but they won't get the crunchy exterior. 1 lb ground turkey or chicken 2 Tbl minced ginger 1/4 cup scallions, chopped 1 tsp garlic powder 1/4 cup almond flour 1 egg light flavored oil for frying [olive, grapeseed, etc]
- 2° Make sauce: Combine the sesame oil, vinegar, GF soy sauce, water, sugar substitute, and xanthan gum in a small saucepan and whisk until combined. Add the scallions and chili pepper and bring to a boil. Simmer for five minutes until thickened and remove from heat.
- 3° Serve: Add the cooked meatballs to the thickened sauce and stir to coat. Garnish with more chopped scallions and chilis if desired.
- 4° Approx nutrition info per serving: 322 calories, 25g fat, 3.75g net carbs, 23g protein

NUTRITIONAL INFORMATION

	PER 100 g	PER MEATBALLS (150 g)	% DRI
ENERGY	145 kcal	9 kcal	0 %
FAT	9 g	1 g	1 %
FATTY ACIDS, TOTAL SATURATED	2 g	0 g	1 %
CHOLESTEROL	62 mg	4 mg	1 %
SODIUM	421 mg	25 mg	1 %
CARBOHYDRATE	3 g	0 g	0 %
SUGARS	1 g	0 g	—
FIBER	0 g	0 g	0 %
PROTEIN	13 g	1 g	—