



### 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                   | —     |