

KETODIET RESULTS

Liver Meatballs

INGREDIENTS

1 lb 80/20 Ground Beef (454 g)
1 lb Ground Pork (454 g)
½ lb Veal Liver (227 g)
⅓ cup Heavy Cream (80 g)
⅓ cup Coconut Flour (40 g)
½ cup Parmesan Cheese (50 g)
½ medium Onion (50 g)
3-4 cloves Garlic (20 g)
2 Eggs (100 g)
1-2 cups Tomato Sauce (454 g)

NUTRITION (per serving)

Number of Servings - 4
850 Calories
Fat - 59 g
Protein - 63 g
Carbohydrate - 16 g
Fiber - 5 g
Sugar - 5 g
NET CARBS - 11 g

DIRECTIONS

1. Mince the onions and garlic, then shred the parmesan cheese
2. Add all ingredients to a large bowl and mix to combine
3. Shape into balls and place onto a sheet pan
4. Bake at 400 °F until they begin to brown and are fully cooked
5. Simmer with tomato sauce and serve!

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ketodietresults.com/challenge