

Keto Buffalo Chicken Meatballs- Low Carb, Higher Fat, Moderate Protein!

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Servings: Servings 6 People

Ingredients

- 1 lb ground chicken
- 1 egg beaten
- 2 sprigs of green onion finely chopped
- 1 celery stalk trimmed and finely diced
- 1 tablespoon almond or coconut flour
- 1 tablespoon mayonnaise
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp pink sea salt
- 1 tsp ground black pepper
- 1 cup of buffalo wing sauce



Steps

1. Preheat the oven to 400. Spray a sheet pan with non stick cooking spray or grease with Olive oil, coconut oil or butter. (I use Olive oil)
2. In a large bowl, combine all ingredients, minus the buffalo sauce. Mix well.
3. Use your hands to form 2" balls, mixture will be sticky. If desired set out a small amount of almond or coconut flour to dust your palms with. I personally just pushed through it and made a mess all over my hands!
4. Place meatballs on a sheet pan. Bake for 15 minutes or until center has reached 160°
5. Remove meatballs from the oven. Place in a skillet or pot over medium low heat. Coat with buffalo sauce. Continue to cook just until sauce is warmed.

Serve over pureed celery root or cauliflower that has been mixed with a ranch seasoning packet! Or eat as is.