

Italian Meatball Casserole {Keto/Low Carb}

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/low-carb-frittata-recipe-italian>

Ingredients:

- 1 1/4 pounds ground beef 80/20
- 1/2 cup grated Parmesan cheese
- 1/2 cup mozzarella cheese
- 2 tablespoons coconut flour
- 2 eggs
- 3/4 teaspoon salt
- 3/4 teaspoon minced onion
- 1/4 teaspoon italian seasoning
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 24 ounces spaghetti sauce jar low carb
- 2 cups mozzarella cheese
- 1 teaspoon basil to sprinkle on top of cheeses

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 180 milligrams
4. Fat: 33 grams
5. Fiber: 4 grams
6. Protein: 36 grams
7. SaturatedFat: 16 grams
8. Sodium: 1270 milligrams
9. Sugar: 11 grams
10. TransFat: 1 grams

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