AMERICAN · DINNER · LUNCH

Two-Ingredient Carnivore Meatballs

40 min · Serves 6 · 337 kcal a serve · Video 11:51 · CJsKetoKitchen

Carnivore · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Just beef, eggs, salt and pepper, with no breadcrumbs or fillers. A serve gives about 32 g of protein, more than a day's vitamin B12 and about two-thirds of a day's zinc.

Diet notes: Low carb (0.6 g net carbs) but not keto: 59% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 4 · SERVES 6

- [ ] 2 lb 80/20 **ground beef**
- [ ] 2 large **eggs**, beaten
- [ ] 1 tbsp **coarse salt**
- [ ] 1 tbsp **coarse ground black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. Put 2 lb ground beef in a large bowl; a fattier mince such as 80/20 keeps the meatballs juicy and helps them hold together. 1:06
2. Season with 1 tbsp coarse salt and 1 tbsp coarse pepper. This is your only chance to get seasoning inside the meatballs. 1:30
3. Whisk the 2 eggs, add them to the beef and mix gently with your hands until just combined, without overworking the meat. 2:08
4. Scoop into balls of about 1½ tablespoons each (a cookie scoop helps) and space them out on a lined baking tray. 4:05
5. Bake about 30 minutes until golden and cooked through. Let them cool for a minute before serving. 4:48

> **Tip** Serves 6 (the cook's written recipe). That is generous seasoning; with fine salt, start with about 2 tsp. Baked meatballs freeze well; reheat in the oven or air fryer.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
337 kcal	32 g	0.9 g	0.3 g	22 g	1,080 mg
1,410 kJ	63% of a day	0.6 g net · 0.2 g sugars	1% of a day	8.4 g saturated	47% of a day
		0% of a day		28% of a day	

Energy from net carbs 1% · protein 39% · fat 60% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 135% · Zinc 67% · Selenium 53% · Vitamin B6 26%

Source of (10–19%) Iron 18%

Recipe and video: CJsKetoKitchen (@cjsketokitchen) on YouTube — youtube.com/watch?v=IglYzmTEdis, published 6 August 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/two-ingredient-carnivore-meatballs