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Oven-Baked Paleo Meatballs ^{••}

Oven-Baked Paleo Meatballs are a delicious and healthy option for meat lovers. Made with high-quality ingredients and seasoned with flavorful herbs and spices, these meatballs are perfect for a paleo diet. They are gluten-free, dairy-free, and grain-free, making them suitable for those with dietary restrictions. Enjoy them as a main dish or serve them as an appetizer at your next gathering.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Ground Beef
50 g	almond flour
1 pieces	Egg
50 g	onion

2 cloves	garlic
10 g	fresh parsley
1 tsp	Dried Oregano
1 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	olive oil

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the ground beef, almond flour, egg, finely chopped onion, minced garlic, chopped parsley, dried oregano, salt, and black pepper. Mix well until all ingredients are evenly incorporated.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Shaping

Shape the mixture into meatballs, about 1.5 inches in diameter.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Oven

Place the meatballs on a baking sheet lined with parchment paper. Drizzle olive oil over the meatballs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Bake in the preheated oven for 20-25 minutes, or until the meatballs are cooked through and browned on the outside.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Serving

Serve the meatballs hot with your favorite sauce or enjoy them plain.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 260 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Winter Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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