

Buffalo Chicken Meatballs



prep time
15 minutes



total time
30 minutes



servings
6

Ingredients

- 1 lb./450 grams ground chicken or turkey ~ 12.5 servings of protein
- 1/4 cup/40 grams almond flour (or flour of choice) ~ 1 serving of fat
- 3/4 cup + 2 Tbsp. Buffalo Sauce, divided ~ 5 servings of fat
 - 1 cup Frank's Red Hot Original Sauce
 - 5 Tbsp. ghee (or sub coconut oil)
 - 2 Tbsp. coconut aminos
 - 2 tsp. apple cider vinegar
 - 1 tsp. garlic powder
 - 1/2 tsp. cayenne pepper (optional)
- 2 tsp. olive oil or avocado oil ~ 2/3 fat serving
- 1/4 cup minced carrots ~ 1/2 veggie serving
- 1/4 cup minced celery ~ 1/2 veggie serving
- 1/4 cup minced yellow onion ~ 1/2 veggie serving
- 3 garlic cloves, minced or pressed
- Ranch for drizzling (try the one on Member's Only!)
- Garnish – green onions and/or cilantro (optional)

simple appetizer

Instructions

Buffalo Sauce:

- 1 Place a small saucepan over medium heat. Add all ingredients to the saucepan. Once the ghee is melted, whisk to combine.
- 2 Transfer sauce to a glass jar with a lid. Store in the refrigerator for up to 2 weeks.

Meatballs:

- 1 Preheat the oven to 375°F.
- 2 In a non-stick skillet on medium-high heat, add the oil, celery, carrots, onion, and garlic cloves. Sauté until onions are translucent and vegetables are cooked through. Remove from the skillet and let cool slightly.
- 3 In a bowl, combine and mix together the chicken, almond flour, 2 Tbsp. buffalo sauce, and sautéed veggies.
- 4 Form into 16-20 golf ball-sized meatballs. The meat will be sticky but dampening hands a little with water will help to prevent the meat from sticking to hands. Place them on a large baking sheet.
- 5 Bake in a preheated oven for 14-18 minutes or until meatballs are cooked through and the insides are no longer pink. Flip meatballs after about 10 minutes of baking. Total baking time will depend on the size of the meatballs.



- 6 Pro tip: This step is optional but if you'd like to brown up the meatballs a little bit, simply turn your oven to broil to finish. Watch closely so they do not burn.
- 7 Return the meatballs to the skillet over medium-high heat. Add 3/4 cup of buffalo sauce (more if you wish). Toss gently. Allow the sauce to simmer for about 2-3 minutes.
- 8 Serve on **spaghetti squash**, zucchini noodles and drizzle with ranch, additional buffalo sauce, and garnish with green onions.

Whole Recipe Breakdown:

Protein Servings: 12.5

Carb Servings: 0

Fat Servings: 6 2/3

Veggie Servings: 1.5

