AMERICAN · DINNER

Low-Carb Meatloaf with Almond Flour (No Breadcrumbs)

85 min · Serves 8 · 299 kcal a serve · Video 8:18 · Wholesome Yum

Gluten-free ingredients · Dairy-free

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Almond flour replaces the breadcrumbs and the glaze is sugar-free, so a thick slice has about 6 g net carbs and around 26 g protein.

Diet notes: Low carb (6.1 g net carbs) but not keto: 55% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 12 · SERVES 8

- [ ] 8 cloves **garlic**, minced
- [ ] ½ large **onion**, diced
- [ ] 85 g **tomato paste**
- [ ] 50 g **blanched almond flour**
- [ ] 2 tbsp **Worcestershire sauce** (or coconut aminos)
- [ ] 1 tbsp **Italian seasoning**
- [ ] 2 tsp **sea salt**
- [ ] ½ tsp **black pepper**
- [ ] 2 large **eggs**
- [ ] 900 g **ground beef** (85/15)
- [ ] 140 g **sugar-free ketchup**, for the glaze (optional)
- [ ] chopped **parsley**, to garnish

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

Contains: Fish, Egg, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mince the garlic and dice the onion evenly. 1:34
2. Heat the oven to 175°C. In a large bowl mix the onion, garlic, tomato paste, almond flour, Worcestershire, Italian seasoning, salt, pepper and eggs before adding any meat. 2:31
3. Add the beef and fold it in with a spatula, then finish mixing gently with your hands — overworking makes the meatloaf tough. 3:35
4. Shape it into a loaf in a baking dish (or use a loaf pan), pressing it together enough that it won't crack. A probe thermometer in the centre helps. 4:11
5. Bake until the centre reaches 60°C, about 30 minutes, then spread with the sugar-free ketchup and bake 25–45 minutes more until it reaches 71°C. 5:00
6. Rest 10 minutes, transfer to a platter, sprinkle with parsley and slice gently with a serrated knife. 5:52

> **Tip** Serves 8 (our estimate from 910 g beef). Serve with cauliflower mash. Crushed pork rinds can replace the almond flour in the same amount; ground turkey or chicken also work.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
299 kcal	26 g	8.1 g	2 g	18 g	780 mg
1,250 kJ	52% of a day	6.1 g net · 3.5 g sugars	7% of a day	5.7 g saturated	34% of a day
		3% of a day		23% of a day	

Energy from net carbs 8% · protein 36% · fat 56% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 99% · Zinc 53% · Selenium 43% · Vitamin B6 27%

Source of (10–19%) Iron 19% · Vitamin E 18% · Potassium 12% · Magnesium 11% · Vitamin K 10%

Recipe and video: Wholesome Yum (@WholesomeYum) on YouTube — youtube.com/watch?v=nJlwFuY-buw, published 2 February 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/almond-flour-meatloaf-sugar-free-glaze