

Butternut Meatballs



6 Ingredients, 4 Servings, 45 Minutes Total Time

- 1 teaspoon salt
- 2 eggs
- 1 kilogram of minced beef
- 1 clove garlic, crushed
- 1 cup coconut flour
- 1 cup butternut pumpkin/squash (cooked and pureed)

Instructions

- Preheat the oven to 350F/180C.
- Combine all ingredients. Form into balls and place on parchment paper on baking sheet.
- Bake for about 30 minutes.

Warnings

**COCONUT FLOUR: 1/4 cup maximum per meal for SIBO phase 1 & 2

**BUTTERNUT PUMPKIN/SQUASH: 1/4 cup = one vegetable serve per meal for SIBO phase one. 1/2 cup max per meal for SIBO phase 2 - total of 1-2 veg serves per meal allowed.

Nutritional Information (per serving)

Calories	757
Total Fat	56g
Saturated Fat	32g
Cholesterol	247mg
Sodium	775mg
Total Carbohydrate	7g
Dietary Fibre	3g

Sugars	2g
Protein	49g
Calcium	40mg
Iron	6mg
Magnesium	24mg
Phosphorus	99mg
Potassium	241mg
Vitamin C	3mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg