

# Keto Beef Dumplings



**Ingredients:** almond flour, ground beef, mozzarella, cream cheese, eggs, tomato paste, tomato, garlic, onion, greenpepper, baking powder, salt, pepper, cayenne pepper, sesame seeds.

## Nutrition Facts

Per serving 1 dumpling

Calories 95.5

Fat 6.1g

Carbs 2.4g

Fiber .7g

Protein 7.5g

Net Carbs 1.7g