

Keto Chicken Dumplings



Ingredients: almond flour, ground chicken, mozzarella, cream cheese, eggs, spinach, mushroom, onion, green onion, baking powder, salt, pepper, sesame seeds.

Nutrition Facts

Per serving 1 dumpling

Calories 122.3

Fat 8.7g

Carbs 2.9g

Fiber .9g

Protein 8.3g

Net Carbs 2g