



1960s Swedish Meatballs

READY IN



45 min.

SERVINGS



8

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings pepper black
- ☐ 1 large celery stalk chopped
- ☐ 1 cup bread crumbs dry
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground allspice
- ☐ 0.8 teaspoon ground nutmeg
- ☐ 3 teaspoons kosher salt

- ☐ 1.8 cups cup heavy whipping cream light
- ☐ 2 pounds meat-loaf mix lean (1 pound ground beef,)
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 1 teaspoon sugar
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 350 F. In a medium skillet, over medium heat, heat the oil with the onion, celery, and garlic, and cook until the vegetables are tender but not browned, about 10 minutes.
- ☐ Add 2 teaspoons salt, allspice, and nutmeg.
- ☐ Remove from heat.
- ☐ In a large bowl, whisk the eggs, then blend in the milk and bread crumbs.
- ☐ Add the meat and cooked vegetables and stir or work with your hands to combine. Shape into 1-inch balls. Saut over medium-high heat, in tablespoon olive oil, a few meatballs at a time, removing them when well browned on all sides.
- ☐ Pour off all but 2 tablespoons of the fat.
- ☐ Whisk in flour, 1 teaspoon salt, sugar, and a few grinds of black pepper. Cook over medium heat, scraping up any browned bits.
- ☐ Whisk in light cream and water. Bring to a boil, stirring constantly, until the sauce thickens, at least 1 minute. Return the meatballs to the skillet and simmer over low heat for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:3.2, Inflammation Score:-5, Nutrition Score:17.447825919027%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 426.42kcal (21.32%), Fat: 25.98g (39.97%), Saturated Fat: 13.76g (86.01%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 16.33g (5.94%), Sugar: 2.83g (3.14%), Cholesterol: 171.09mg (57.03%), Sodium: 1087.83mg (47.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.74g (59.49%), Vitamin B12: 2.87µg (47.87%), Zinc: 6.38mg (42.51%), Selenium: 28.58µg (40.83%), Vitamin B3: 7.44mg (37.18%), Phosphorus: 326.19mg (32.62%), Vitamin B6: 0.53mg (26.63%), Vitamin B2: 0.4mg (23.43%), Iron: 3.83mg (21.3%), Vitamin B1: 0.24mg (16.14%), Potassium: 540.95mg (15.46%), Vitamin A: 618.39IU (12.37%), Vitamin B5: 1.2mg (12.05%), Manganese: 0.22mg (11.24%), Calcium: 105.1mg (10.51%), Magnesium: 41.21mg (10.3%), Folate: 37.59µg (9.4%), Copper: 0.16mg (7.85%), Vitamin E: 1.17mg (7.81%), Vitamin D: 0.81µg (5.43%), Fiber: 1.09g (4.36%), Vitamin K: 4.16µg (3.97%), Vitamin C: 1.68mg (2.04%)