



Almost-Famous Swedish Meatballs

READY IN



50 min.

SERVINGS



45

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup breadcrumbs
- 1 large egg plus 1 egg white beaten
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon ground allspice
- 0.5 pound ground pork lean
- 0.3 cup heavy cream
- 45 servings kosher salt and pepper black freshly ground

- 45 servings kosher salt and pepper white freshly ground
- 0.8 pound ground beef lean
- 1.5 cups beef broth low-sodium
- 0.5 cup milk
- 2 tablespoons butter unsalted
- 45 servings vegetable oil for brushing
- 0.3 cup onion white minced
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- plastic wrap

Directions

- Put the breadcrumbs in a large bowl.
- Heat the butter in a skillet over medium heat.
- Add the onion, garlic, allspice, 2 teaspoons salt and 1/4 teaspoon white pepper and cook, stirring, until soft, about 5 minutes.
- Add the milk and Worcestershire sauce and bring to a simmer.
- Pour the milk mixture over the breadcrumbs and stir to make a thick paste; let cool.
- Add the beef, pork, egg and egg white to the bowl and mix until combined.
- Brush a baking sheet with vegetable oil.
- Roll the meat into 1-inch balls and arrange on the prepared baking sheet. Cover with plastic wrap and refrigerate at least 1 hour.
- Preheat the oven to 400 degrees F.

- Bake the meatballs until cooked through, about 20 minutes.
- Make the gravy: Melt the butter in a large skillet over medium heat.
- Add the flour and cook, whisking, until smooth.
- Whisk in the beef broth and Worcestershire sauce and bring to a simmer.
- Add the cream and meatballs. Reduce the heat to medium low and simmer until the gravy thickens, about 10 minutes. Season with salt and black pepper.
- Transfer to a serving dish; sprinkle with the parsley and serve with lingonberry jam, if desired.
- Photograph by Kang Kim

Nutrition Facts



PROTEIN 7.63% **FAT 83.91%** **CARBS 8.46%**

Properties

Glycemic Index:5.53, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:4.0021738461826%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 176.57kcal (8.83%), Fat: 16.7g (25.69%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.09g (1.12%), Sugar: 0.39g (0.43%), Cholesterol: 11.47mg (3.82%), Sodium: 44.76mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Vitamin K: 29.11µg (27.72%), Vitamin E: 1.2mg (8%), Manganese: 0.13mg (6.45%), Selenium: 3.61µg (5.16%), Vitamin B1: 0.07mg (4.62%), Vitamin B3: 0.83mg (4.14%), Vitamin B12: 0.23µg (3.86%), Zinc: 0.58mg (3.85%), Iron: 0.68mg (3.78%), Phosphorus: 36.29mg (3.63%), Vitamin B6: 0.06mg (2.99%), Vitamin B2: 0.05mg (2.85%), Fiber: 0.7g (2.79%), Potassium: 75.57mg (2.16%), Copper: 0.04mg (1.81%), Calcium: 16.95mg (1.7%), Magnesium: 6.48mg (1.62%), Vitamin B5: 0.12mg (1.17%), Folate: 4.64µg (1.16%), Vitamin A: 55.45IU (1.11%), Vitamin C: 0.85mg (1.03%)