



Creamy Swedish meatballs

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion finely chopped
- ☐ 450 g ground pork minced (or lamb)
- ☐ 1 egg yolk
- ☐ 3 sprigs optional: dill finely chopped
- ☐ 1 tbsp vegetable oil
- ☐ 3 tbsp cream

Equipment

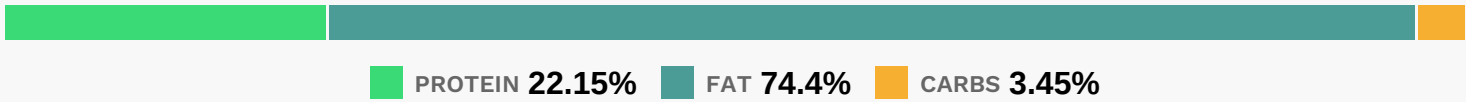
- ☐ bowl

☐ frying pan

Directions

- ☐ Mix together the onion, pork, egg yolk and half the dill in a bowl. Lightly wet your hands, then shape the mixture into 12 balls, each about the size of golf ball.
- ☐ Heat the oil in a large frying pan. Tip in the meatballs and fry, turning often, for about 12–15 mins until golden all over.
- ☐ Mix together sour cream and remaining dill, then spoon over the meatballs.
- ☐ Serve with mashed potato or tagliatelle.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:12.585652268451%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 369.31kcal (18.47%), Fat: 30.21g (46.47%), Saturated Fat: 10.72g (67.02%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.69g (0.98%), Sugar: 1.5g (1.66%), Cholesterol: 134.91mg (44.97%), Sodium: 69.14mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.47%), Vitamin B1: 0.85mg (56.4%), Selenium: 30.67µg (43.81%), Vitamin B3: 4.92mg (24.62%), Vitamin B6: 0.48mg (24.18%), Phosphorus: 229.34mg (22.93%), Vitamin B2: 0.31mg (18.3%), Zinc: 2.66mg (17.71%), Vitamin B12: 0.89µg (14.9%), Potassium: 380.29mg (10.87%), Vitamin B5: 0.95mg (9.51%), Iron: 1.19mg (6.6%), Magnesium: 25.33mg (6.33%), Vitamin K: 6.53µg (6.22%), Folate: 18.18µg (4.55%), Calcium: 37.28mg (3.73%), Vitamin C: 3.03mg (3.67%), Copper: 0.07mg (3.33%), Vitamin E: 0.43mg (2.89%), Vitamin A: 140.96IU (2.82%), Manganese: 0.05mg (2.6%), Fiber: 0.47g (1.88%), Vitamin D: 0.24µg (1.62%)