



Dana's Famous Swedish Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 2 eggs
- 0.5 pound ground beef
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon ground pepper black
- 0.5 pound ground pork
- 0.5 cup seasoned bread crumbs italian

- 1 onion minced
- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan

Directions

- Melt 2 tablespoons of butter in a skillet over medium heat. Stir in the onion, and cook until the onion has softened and turned translucent, about 5 minutes.
- Scrape into a bowl, and set aside until cool.
- Stir the sour cream together with the bread crumbs in a small bowl. In a large bowl, lightly combine the onion, eggs, ground beef, ground pork, cinnamon, cloves, nutmeg, salt, and pepper; stir in the sour cream–crumb mixture, and lightly but thoroughly mix until combined. Form the meat mixture into small balls about the size of a walnut.
- Melt another 2 tablespoons of butter in a large skillet over medium–high heat.
- Add the meatballs, and cook until browned on all sides and no longer pink in the center, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:17.350000029025%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 503.4kcal (25.17%), Fat: 37.69g (57.98%), Saturated Fat: 16.3g (101.89%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 13.45g (4.89%), Sugar: 3.18g (3.53%), Cholesterol: 195.08mg (65.03%), Sodium: 647.89mg (28.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.33g (50.65%), Selenium: 34.23µg (48.89%), Vitamin B1: 0.61mg (40.85%), Vitamin B12: 1.93µg (32.18%), Vitamin B3: 5.87mg (29.36%), Phosphorus: 291.77mg (29.18%), Zinc: 4.28mg (28.55%), Vitamin B2: 0.44mg (25.84%), Vitamin B6: 0.51mg (25.54%), Manganese: 0.44mg (21.88%), Iron: 2.89mg (16.03%), Potassium: 466.48mg (13.33%), Vitamin B5: 1.24mg (12.38%), Folate: 42.46µg (10.62%), Vitamin A: 509.07IU (10.18%), Calcium: 100.64mg (10.06%), Vitamin K: 9.86µg (9.39%), Magnesium: 37.41mg (9.35%), Copper: 0.14mg (6.82%), Fiber: 1.54g (6.14%), Vitamin E: 0.81mg (5.4%), Vitamin C: 3.11mg (3.77%), Vitamin D: 0.5µg (3.31%)