



Danish Meatballs

READY IN



45 min.

SERVINGS



16

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup breadcrumbs dry fine
- ☐ 1 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 pound ground beef
- ☐ 1 tablespoon milk
- ☐ 1 medium onion finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 16 servings salt and pepper to taste

- ☐ 0.3 cup vegetable oil
- ☐ 2 cups water

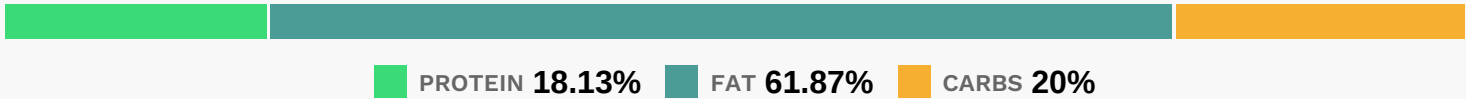
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine beef, onion, egg, breadcrumbs, milk, salt, and pepper, mixing well. Shape mixture into 1-inch meatballs. Brown in oil in a large skillet over medium heat.
- ☐ Remove meatballs from skillet, and drain on paper towels. Reserve pan drippings in skillet.
- ☐ Add flour to pan drippings, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add water; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in salt and pepper to taste.
- ☐ Add meatballs to gravy. Cover and simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:1.24, Inflammation Score:-1, Nutrition Score:4.5495652465717%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 143.29kcal (7.16%), Fat: 9.75g (15.01%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 6.61g (2.4%), Sugar: 0.77g (0.86%), Cholesterol: 30.47mg (10.16%), Sodium: 413.6mg (17.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Vitamin B12: 0.66µg (11%), Selenium: 7.52µg (10.74%), Zinc: 1.35mg (9.01%), Vitamin B3: 1.77mg (8.87%), Vitamin K: 7.37µg (7.02%), Phosphorus: 66.52mg (6.65%), Vitamin B1: 0.1mg (6.51%), Iron: 1.04mg (5.77%), Vitamin B6: 0.11mg (5.71%), Vitamin B2: 0.09mg (5.57%), Manganese: 0.1mg (4.84%), Folate: 15.39µg (3.85%), Potassium: 108mg (3.09%), Vitamin E: 0.43mg (2.89%),

Vitamin B5: 0.24mg (2.43%), Magnesium: 9.69mg (2.42%), Copper: 0.05mg (2.39%), Calcium: 23.4mg (2.34%),
Fiber: 0.49g (1.96%)