



Easy Swedish Meatballs

READY IN



40 min.

SERVINGS



40

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz heinz homestyle savory beef gravy
- 0.5 cup knudsen cream sour
- 2 eggs beaten
- 1.5 lb ground beef lean
- 1 small onion finely chopped
- 6 oz stove top stuffing mix for pork
- 1.3 cups water

Equipment

- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Mix meat, stuffing mix, eggs, onions and water just until blended. Shape into 32 meatballs, each about 1 inch in diameter.
- Place in 2 foil-lined 13x9-inch pans sprayed with cooking spray.
- Bake 20 min. or until done (160F).
- Mix gravy and sour cream in large saucepan.
- Add meatballs; stir to evenly coat. Cook on low heat 5 min. or until sauce is heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:0.68, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.5943478527276%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 52.83kcal (2.64%), Fat: 1.91g (2.93%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 3.82g (1.39%), Sugar: 0.68g (0.75%), Cholesterol: 21.15mg (7.05%), Sodium: 114.38mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Selenium: 5.79µg (8.27%), Vitamin B12: 0.41µg (6.79%), Zinc: 0.95mg (6.31%), Vitamin B3: 1.19mg (5.93%), Phosphorus: 46.72mg (4.67%), Vitamin B6: 0.08mg (4.01%), Vitamin B2: 0.06mg (3.52%), Iron: 0.61mg (3.39%), Folate: 9.53µg (2.38%), Vitamin B1: 0.03mg (2.31%), Potassium: 78.5mg (2.24%), Vitamin B5: 0.17mg (1.72%), Magnesium: 6.24mg (1.56%), Manganese: 0.03mg (1.51%), Copper: 0.03mg (1.36%), Calcium: 10.42mg (1.04%)