



Meatballs in Sour Cream Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8.5 ounce olives black pitted canned
- ☐ 1 teaspoon dill weed dried
- ☐ 2 eggs beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 pounds ground beef
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 teaspoons salt divided
- ☐ 2 cups cup heavy whipping cream sour

- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 16 ounce wide egg noodles uncooked

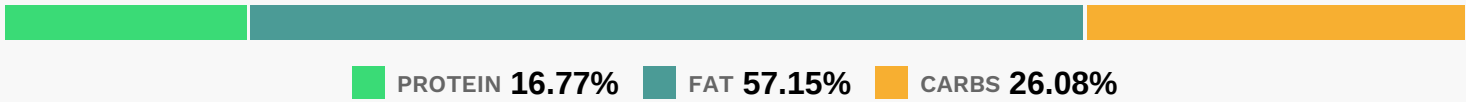
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place egg noodles in the pot, cook for 8 to 10 minutes, until al dente, and drain.
- ☐ In a bowl, mix the beef, 1 1/4 teaspoons salt, pepper, eggs, and onion. Form into small meatballs around the olives.
- ☐ Heat the oil in skillet over medium heat, and cook the meatballs until evenly brown.
- ☐ Remove meatballs from skillet, reserving oil; set meatballs aside, and keep warm.
- ☐ Stir the flour into the reserved oil in the skillet. Gradually mix in water to form a thick gravy. Stir in sour cream, dill, and remaining 1/4 teaspoon salt, and cook until heated through.
- ☐ Pour over the meatballs, and serve over cooked egg noodles.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:18.93, Inflammation Score:-6, Nutrition Score:22.561304393022%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 742.81kcal (37.14%), Fat: 47.16g (72.56%), Saturated Fat: 16.93g (105.78%), Carbohydrates: 48.43g (16.14%), Net Carbohydrates: 45.12g (16.41%), Sugar: 4.09g (4.54%), Cholesterol: 202.98mg (67.66%), Sodium: 1029.12mg (44.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.14g (62.28%), Selenium: 68.52µg (97.89%), Vitamin B12: 2.81µg (46.83%), Zinc: 6.23mg (41.56%), Phosphorus: 392.11mg (39.21%), Vitamin B3: 6.31mg (31.55%), Vitamin B6: 0.57mg (28.4%), Manganese: 0.56mg (28.23%), Vitamin B2: 0.39mg (22.8%), Iron: 3.9mg (21.68%), Vitamin E: 2.58mg (17.2%), Potassium: 581.49mg (16.61%), Magnesium: 66mg (16.5%), Copper: 0.31mg (15.4%), Vitamin B5: 1.49mg (14.93%), Vitamin B1: 0.2mg (13.28%), Fiber: 3.31g (13.26%), Calcium: 128.4mg (12.84%), Vitamin K: 13.21µg (12.58%), Vitamin A: 579.21IU (11.58%), Folate: 42.86µg (10.72%), Vitamin D: 0.5µg (3.36%), Vitamin C: 2.06mg (2.5%)