



Mum's Swedish Meatballs

READY IN



55 min.

SERVINGS



8

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups beef stock
- 2 slices bread cubed
- 3 tablespoons butter
- 1 tablespoon parsley dried
- 2 eggs
- 12 fluid ounce evaporated milk divided canned
- 0.3 cup flour all-purpose
- 1 teaspoon ground allspice
- 1.5 pounds ground beef

- 1 teaspoon ground nutmeg
- 0.3 teaspoon ground pepper black
- 0.5 pound ground pork
- 0.5 teaspoon lemon pepper
- 1 onion chopped
- 1 teaspoon salt
- 0.3 cup cooking sherry
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- whisk
- tongs

Directions

- Melt butter in a skillet over medium heat; cook and stir onion in the melted butter until tender, 5 to 10 minutes.
- Place bread cubes in a bowl; pour 1/2 cup evaporated milk over bread cubes. Set aside until bread cubes absorb milk.
- Mix ground beef, ground pork, cooked onion, bread cube mixture, eggs, Worcestershire sauce, parsley, nutmeg, allspice, salt, lemon pepper, and ground black pepper together in a large bowl. Form mixture into golf ball-sized meatballs.
- Heat olive oil in the same skillet used for onion over medium-high heat; cook meatballs in the hot oil, turning with tongs, until all sides are browned, 10 to 15 minutes.
- Pour in beef stock and simmer until meatballs are cooked through, 15 to 20 minutes.
- Transfer meatballs to a serving bowl, reserving liquid in the skillet.
- Remove 1 cup beef stock from skillet; whisk flour into the 1 cup stock until smooth.
- Pour flour mixture back into skillet, whisking until mixture is smooth. Gradually whisk remaining evaporated milk and sherry into beef stock mixture. Simmer, stirring occasionally,

until gravy is warmed and smooth, 5 to 10 minutes.

Pour gravy over meatballs to serve.

Nutrition Facts

PROTEIN 23.94% **FAT 62.95%** **CARBS 13.11%**

Properties

Glycemic Index:46.83, Glycemic Load:4.35, Inflammation Score:-5, Nutrition Score:17.469999945682%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 470.93kcal (23.55%), Fat: 32.28g (49.67%), Saturated Fat: 14.02g (87.6%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 14.29g (5.2%), Sugar: 6.73g (7.47%), Cholesterol: 145.87mg (48.62%), Sodium: 788.3mg (34.27%), Alcohol: 0.77g (100%), Alcohol %: 0.29% (100%), Protein: 27.63g (55.26%), Selenium: 29.11µg (41.59%), Vitamin B12: 2.2µg (36.6%), Phosphorus: 357.61mg (35.76%), Zinc: 5.04mg (33.57%), Vitamin B3: 6.68mg (33.4%), Vitamin B2: 0.55mg (32.22%), Vitamin B6: 0.52mg (26.19%), Vitamin B1: 0.38mg (25.34%), Potassium: 770.02mg (22%), Iron: 3.31mg (18.39%), Calcium: 175.76mg (17.58%), Magnesium: 48.84mg (12.21%), Vitamin B5: 1.17mg (11.74%), Manganese: 0.22mg (10.87%), Copper: 0.18mg (8.92%), Folate: 35.53µg (8.88%), Vitamin A: 309.84IU (6.2%), Vitamin K: 6.51µg (6.2%), Vitamin E: 0.72mg (4.77%), Vitamin C: 3.04mg (3.69%), Fiber: 0.84g (3.36%), Vitamin D: 0.35µg (2.33%)