



Norwegian Chicken Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound gjetost cheese cut into 1/4-inch dice
- ☐ 2.3 cups chicken broth
- ☐ 4 cups extra wide egg noodles hot cooked
- ☐ 4.5 teaspoons cornstarch
- ☐ 1 large eggs
- ☐ 2 tablespoons dill or dried fresh chopped
- ☐ 1 pound ground chicken
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 teaspoon salt

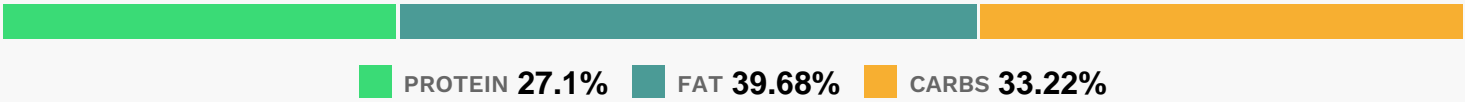
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ With a fork, stir chicken to mix well with 1 1/2 teaspoons cornstarch, egg, 1/4 cup broth, salt, grated lemon peel, and 1 tablespoon fresh dill (or 1 teaspoon dried).
- ☐ Bring 2 cups broth to simmering in a 10- to 12-inch frying pan. As broth heats, drop level tablespoon portions of chicken into the liquid, keeping pieces slightly apart. Cover and simmer until meat is white in center (cut to test), 3 to 4 minutes.
- ☐ With a slotted spoon, transfer chicken to a bowl.
- ☐ Mix remaining 1 tablespoon cornstarch with 2 tablespoons water until smooth, and whisk into broth. Turn heat to high, add cheese, and whisk until it melts.
- ☐ Return chicken to sauce, mix gently, and heat for about 1 minute.
- ☐ Pour over noodles in a bowl and sprinkle with remaining dill.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:19.35, Inflammation Score:-5, Nutrition Score:21.462608855704%

Nutrients (% of daily need)

Calories: 536.92kcal (26.85%), Fat: 23.67g (36.41%), Saturated Fat: 9.14g (57.09%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 42.42g (15.43%), Sugar: 1.36g (1.51%), Cholesterol: 221.42mg (73.81%), Sodium: 918.29mg (39.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.38g (72.75%), Selenium: 62.26µg (88.94%), Phosphorus: 491.79mg (49.18%), Vitamin B3: 7.32mg (36.59%), Vitamin B6: 0.72mg (36.05%), Vitamin B2: 0.57mg (33.52%), Manganese: 0.65mg (32.51%), Zinc: 4.05mg (27.02%), Calcium: 265.95mg (26.6%), Potassium: 765.73mg (21.88%), Vitamin B12: 1.22µg (20.29%), Vitamin B5: 1.98mg (19.81%), Magnesium: 74.76mg (18.69%), Iron: 2.99mg (16.62%), Vitamin B1: 0.22mg (14.6%), Copper: 0.28mg (13.88%), Vitamin A: 475.68IU (9.51%), Fiber: 2.17g (8.68%),

Vitamin E: 0.98mg (6.5%), Folate: 24.19µg (6.05%), Vitamin D: 0.58µg (3.87%), Vitamin K: 1.63µg (1.55%), Vitamin C: 1.07mg (1.3%)