



Party Swedish Meatballs

READY IN



45 min.

SERVINGS



8

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 1 cup musselman's® apple butter divided
- ☐ 0.5 cup beef broth
- ☐ 1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 8 servings cayenne pepper
- ☐ 2 eggs
- ☐ 1 pound ground beef
- ☐ 2 tablespoons honey

- ☐ 2 cups panko bread crumbs
- ☐ 1 pound pork sausage
- ☐ 0.5 cup onion red grated
- ☐ 2 teaspoons salt
- ☐ 0.3 cup cup heavy whipping cream sour

Equipment

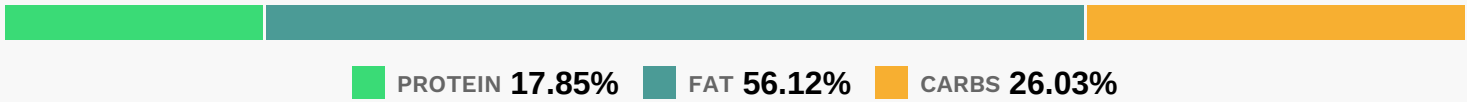
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F and line a large-rimmed baking sheet with foil.
- ☐ Place a skillet over medium heat and melt the butter in it. When the butter has melted, add the grated onions and saute for 3-4 minutes, until soft.
- ☐ In a large bowl, mix the sausage, ground beef, panko, 1/2 cup apple butter, sour cream, eggs, salt, pepper, and allspice.
- ☐ Add the onion, once it cools. Get your hands in it and mix well, until evenly combined.
- ☐ Measure out the meatballs into one-ounce portions.
- ☐ Roll tight balls and place them on the baking sheet, close together, but not touching. You should have 40-45 meatballs.
- ☐ Bake for 15 minutes. Meanwhile, mix the remaining 1/2 cup of apple butter, with beef broth, honey, and 1-2 dashes of cayenne pepper.
- ☐ Whisk well.
- ☐ After 15 minutes, remove the meatballs from the oven.
- ☐ Pour the sauce over the top, making sure to cover each meatball, and place back in the oven for 5-7 minutes.

Once cooked through, shake the baking sheet a little to loosen the meatballs and serve warm.

Nutrition Facts



Properties

Glycemic Index:29.53, Glycemic Load:2.7, Inflammation Score:-6, Nutrition Score:14.92086956812%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 507.78kcal (25.39%), Fat: 31.56g (48.56%), Saturated Fat: 11.6g (72.51%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 30.88g (11.23%), Sugar: 18.6g (20.67%), Cholesterol: 130mg (43.33%), Sodium: 1181.4mg (51.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.59g (45.17%), Vitamin B3: 6.42mg (32.1%), Vitamin B12: 1.87µg (31.24%), Zinc: 4.09mg (27.28%), Vitamin B6: 0.47mg (23.73%), Selenium: 16.48µg (23.54%), Phosphorus: 232.96mg (23.3%), Vitamin B1: 0.35mg (23.1%), Vitamin A: 1033.31IU (20.67%), Vitamin B2: 0.31mg (18.24%), Manganese: 0.36mg (18.03%), Iron: 3.03mg (16.85%), Potassium: 451.53mg (12.9%), Vitamin B5: 0.98mg (9.82%), Copper: 0.17mg (8.3%), Magnesium: 32.74mg (8.18%), Fiber: 2.05g (8.18%), Folate: 31.15µg (7.79%), Vitamin E: 1.15mg (7.7%), Calcium: 71.13mg (7.11%), Vitamin D: 1.01µg (6.76%), Vitamin K: 4.87µg (4.64%), Vitamin C: 3.07mg (3.72%)