



Swabian Meatballs (Fleischkuechle)

READY IN



42 min.

SERVINGS



8

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 teaspoon marjoram dried
- 2 eggs
- 4 tablespoons parsley fresh chopped
- 1 tablespoon garlic minced
- 0.5 pound ground beef
- 8 servings salt and ground pepper black to taste
- 0.5 pound ground pork
- 0.5 cup milk

- 1 onion minced
- 2 rolls hard

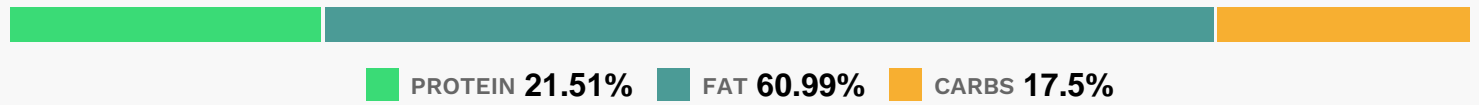
Equipment

- bowl
- frying pan

Directions

- Pour the milk into a bowl; soak the rolls in the milk for about 15 minutes.
- Place the milk-soaked rolls, beef, pork, eggs, onion, parsley, marjoram, garlic, salt, and pepper in a large bowl; mix with your hands until evenly combined. Divide the mixture into eight portions and roll them into balls. Flatten the balls to make 1-inch thick patties.
- Melt the butter in a large skillet. Fry each patty in the melted butter until meat has reached an internal temperature of 160 degrees F (72 degrees C), about 6 minutes each side. These can be served either hot or cold.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:6.42, Inflammation Score:-3, Nutrition Score:9.6591306147368%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 247.85kcal (12.39%), Fat: 16.64g (25.6%), Saturated Fat: 6.84g (42.78%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 10.12g (3.68%), Sugar: 2.47g (2.74%), Cholesterol: 90.81mg (30.27%), Sodium: 153.79mg (6.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.41%), Vitamin K: 33.95µg (32.33%), Selenium: 15.15µg (21.64%), Iron: 3.85mg (21.36%), Vitamin B12: 0.99µg (16.52%), Vitamin B1: 0.24mg (16.2%), Phosphorus: 139.3mg (13.93%), Zinc: 2.07mg (13.83%), Vitamin B6: 0.26mg (12.97%), Vitamin B3: 2.5mg (12.52%), Vitamin B2:

0.19mg (11.06%), Vitamin A: 343.95IU (6.88%), Potassium: 233.49mg (6.67%), Vitamin B5: 0.59mg (5.93%), Vitamin C: 4.19mg (5.08%), Calcium: 44.85mg (4.49%), Magnesium: 16.27mg (4.07%), Folate: 14.41µg (3.6%), Manganese: 0.06mg (3.02%), Vitamin D: 0.42µg (2.77%), Copper: 0.05mg (2.55%), Fiber: 0.62g (2.47%), Vitamin E: 0.34mg (2.27%)