



Swedish Cardamom Meatballs

READY IN



90 min.

SERVINGS



12

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups beef broth
- ☐ 2 cups bread crumbs
- ☐ 1 cup butter divided
- ☐ 3 tablespoons cornstarch
- ☐ 3 eggs
- ☐ 1 teaspoon ground allspice
- ☐ 1 pound ground beef
- ☐ 1 tablespoon ground cardamom
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 pound ground pork
- ☐ 2 cups heavy cream
- ☐ 0.5 cup milk
- ☐ 12 servings salt and pepper to taste
- ☐ 0.5 cup sugar
- ☐ 0.3 cup water
- ☐ 1 cup onion yellow chopped
- ☐ 6 cups onions yellow sliced
- ☐ 3 tablespoons gravy maker mix dry
- ☐ 1 teaspoon monosodium glutamate (MSG)
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Equipment

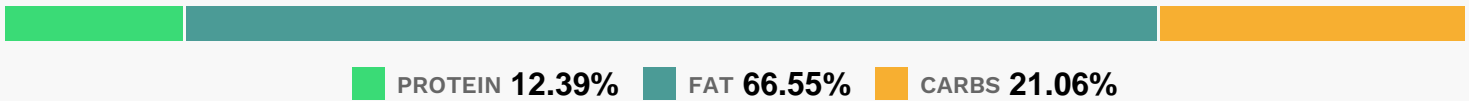
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ In large mixing bowl, soak bread crumbs in milk for 5 minutes.
- ☐ Mix in meat, eggs, and chopped onions. Season with cardamom and salt and pepper to taste.
- ☐ Roll into 1 to 1 1/2 inch meatballs.
- ☐ Saute meatballs in 1/4 cup butter for approximately 20 minutes.
- ☐ In a separate skillet, saute sliced onions with 1/4 cup butter and sugar until caramelized, about 10 to 15 minutes. Season with salt and pepper to taste.

- ☐
- Remove mixtures (the meatballs and the onions) from both pans, and place on separate plates. Deglaze both saute pans with the remaining 1/2 cup butter and beef broth, scraping up the browned bits. Cook over high heat for 1 minute.
- ☐
- Place the contents of both saute pans into one large pot, and stir in the cream and onions. Season with gravy maker seasoning, monosodium glutamate, nutmeg, allspice, cinnamon, and cloves. Bring to a simmer. Make a slurry with cornstarch and water; whisk the slurry into the cream sauce.
- ☐
- Add meatballs, and simmer approximately 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:25.59, Glycemic Load:7.99, Inflammation Score:-8, Nutrition Score:16.507826058761%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.95mg, Quercetin: 18.95mg, Quercetin: 18.95mg, Quercetin: 18.95mg

Nutrients (% of daily need)

Calories: 643.17kcal (32.16%), Fat: 47.92g (73.73%), Saturated Fat: 25.63g (160.19%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 31.46g (11.44%), Sugar: 15.14g (16.82%), Cholesterol: 181.69mg (60.56%), Sodium: 751.68mg (32.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.15%), Selenium: 25.46µg (36.37%), Vitamin B1: 0.53mg (35.46%), Vitamin B3: 5.07mg (25.37%), Phosphorus: 251.8mg (25.18%), Manganese: 0.49mg (24.36%), Vitamin B12: 1.43µg (23.78%), Vitamin B2: 0.4mg (23.72%), Vitamin A: 1137.47IU (22.75%), Vitamin B6: 0.45mg (22.4%), Zinc: 3.17mg (21.16%), Iron: 2.58mg (14.33%), Potassium: 495.93mg (14.17%), Folate: 50.25µg (12.56%), Calcium: 123.88mg (12.39%), Fiber: 2.66g (10.65%), Vitamin B5: 1mg (9.97%), Magnesium: 39.5mg (9.87%), Vitamin C: 7.59mg (9.2%), Vitamin E: 1.12mg (7.45%), Copper: 0.14mg (7.11%), Vitamin D: 1µg (6.7%), Vitamin K: 4.97µg (4.73%)