



Swedish cranberry meatballs



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



25

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 1 onion diced finely
- ☐ 0.5 tsp mace
- ☐ 500 g beef minced
- ☐ 100 g cranberries dried
- ☐ 1 egg yolk
- ☐ 25 servings lingonberry sauce

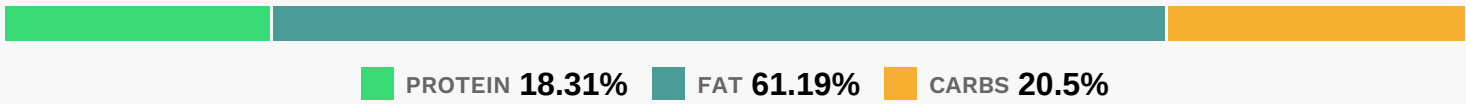
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat half the oil in a saucepan.
- ☐ Add the onion and cook gently until soft, then add the mace and cook for 1 min more. Cool.
- ☐ Put the mince into a bowl with the cooled onion, cranberries, egg yolk and plenty of seasoning.
- ☐ Mix well with your hands, then shape into walnut-sized balls. Chill for at least 10 mins or up to 2 days.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Pour the remaining oil into a baking tray and roll the meatballs in it to coat.
- ☐ Bake for 20 mins until cooked through.
- ☐ Serve hot with the berry sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:1.08, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.1639130212691%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 78.48kcal (3.92%), Fat: 5.37g (8.26%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.76g (1.37%), Sugar: 3.33g (3.7%), Cholesterol: 21.98mg (7.33%), Sodium: 26.15mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Vitamin B12: 0.44µg (7.37%), Zinc: 0.86mg (5.77%),

Selenium: 3.45µg (4.93%), Vitamin B3: 0.87mg (4.37%), Vitamin E: 0.65mg (4.3%), Vitamin B6: 0.07mg (3.7%), Phosphorus: 36.04mg (3.6%), Iron: 0.44mg (2.43%), Vitamin B2: 0.04mg (2.11%), Potassium: 63.33mg (1.81%), Vitamin B5: 0.14mg (1.36%), Fiber: 0.29g (1.17%), Magnesium: 4.09mg (1.02%)