



## Swedish-ish Meatballs

READY IN



265 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup bread crumbs italian
- ☐ 14 ounce beef broth canned
- ☐ 4.5 ounce mushrooms drained sliced canned
- ☐ 1.5 teaspoons cornstarch
- ☐ 2 pinches parsley dried
- ☐ 1 eggs
- ☐ 2 pinches ground cinnamon
- ☐ 2 pinches ground nutmeg
- ☐ 6 servings salt and ground pepper black to taste

- ☐ 0.5 pound ground pork
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup onion diced
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon worcestershire sauce

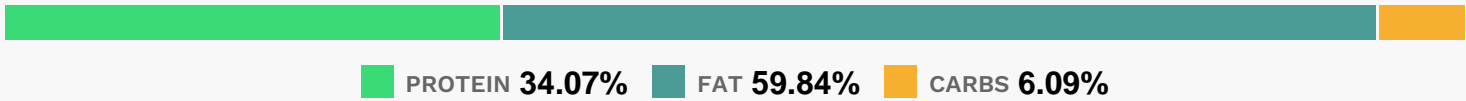
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ slow cooker

## Directions

- ☐ Mix ground beef, ground pork, onion, bread crumbs, egg, Worcestershire sauce, cinnamon, nutmeg, parsley, salt, and pepper in a large bowl until evenly mixed; shape into 12 2-inch balls.
- ☐ Heat vegetable oil in a large skillet over medium-high heat. Cook meatballs in hot oil until browned on all sides and somewhat firm, 5 to 7 minutes.
- ☐ Remove browned meatballs with a slotted spoon to a slow cooker.
- ☐ Stir cornstarch into drippings remaining in the skillet; add beef broth. Bring the broth mixture to a simmer, reduce heat to medium-low, and simmer until thickened, about 2 minutes. Stir sour cream into the broth mixture until smooth.
- ☐ Add mushrooms and stir. Season the sauce with salt and pepper; pour over meatballs in the slow cooker.
- ☐ Cook in slow cooker on High for 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:22.33, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:14.475652197133%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 299.53kcal (14.98%), Fat: 19.65g (30.23%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.47g (1.26%), Sugar: 1.9g (2.12%), Cholesterol: 107.02mg (35.67%), Sodium: 463.97mg (20.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.35%), Selenium: 26.52µg (37.89%), Vitamin B12: 2.09µg (34.83%), Vitamin B3: 6.79mg (33.93%), Zinc: 5.01mg (33.41%), Phosphorus: 266.93mg (26.69%), Vitamin B6: 0.49mg (24.47%), Vitamin B1: 0.34mg (22.71%), Vitamin B2: 0.29mg (17.26%), Iron: 2.86mg (15.89%), Potassium: 503.13mg (14.38%), Vitamin K: 13.58µg (12.94%), Vitamin B5: 1.08mg (10.82%), Magnesium: 33.73mg (8.43%), Manganese: 0.16mg (8.08%), Copper: 0.15mg (7.46%), Vitamin E: 0.74mg (4.94%), Calcium: 44.96mg (4.5%), Folate: 16.68µg (4.17%), Fiber: 1.03g (4.12%), Vitamin A: 112.66IU (2.25%), Vitamin C: 1.65mg (2%), Vitamin D: 0.26µg (1.77%)