



Swedish Meatballs

READY IN



30 min.

SERVINGS



30

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup beef broth fat-free reduced-sodium
- 2 Tbsp butter
- 3 cups rice long-grain white hot cooked
- 1 cup knudsen cream sour
- 1 eggs beaten
- 1 Tbsp flour
- 0.5 tsp ground nutmeg divided
- 1 lb ground beef lean
- 0.5 cup milk

1 cup stove top homestyle herb stuffing mix in the canister

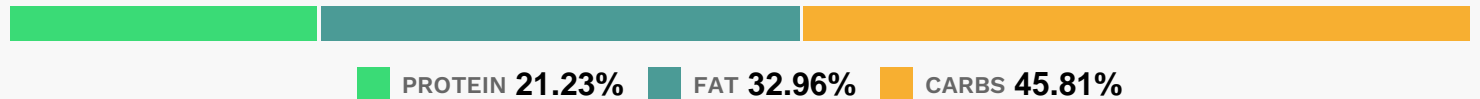
Equipment

frying pan

Directions

- Mix meat, stuffing mix, milk, egg and 1/4 tsp. nutmeg just until blended; shape into 1-inch meatballs.
- Melt butter in large skillet on medium heat.
- Add meatballs; cook 10 to 12 min. or until done, turning occasionally.
- Remove meatballs from skillet, reserving drippings in skillet; cover meatballs to keep warm.
- Add flour to reserved drippings in skillet; stir until blended. Cook 1 min., stirring constantly to scrape browned bits from bottom of skillet Stir in broth; bring to boil. Simmer on medium-low heat 3 min. or until thickened, stirring constantly. Stir in sour cream and remaining nutmeg. Return meatballs to skillet; simmer 3 to 5 min. or until meatballs and sauce are heated through, stirring occasionally.
- Serve meatball mixture over rice.

Nutrition Facts



Properties

Glycemic Index:9.73, Glycemic Load:5, Inflammation Score:-1, Nutrition Score:3.6852174181005%

Nutrients (% of daily need)

Calories: 99.73kcal (4.99%), Fat: 3.59g (5.53%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 10.9g (3.96%), Sugar: 1.13g (1.26%), Cholesterol: 19.92mg (6.64%), Sodium: 150.42mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Selenium: 8.5µg (12.14%), Vitamin B3: 1.38mg (6.88%), Zinc: 0.98mg (6.56%), Vitamin B12: 0.39µg (6.54%), Manganese: 0.13mg (6.36%), Phosphorus: 61.25mg (6.13%), Vitamin B2: 0.09mg (5%), Vitamin B6: 0.09mg (4.72%), Vitamin B1: 0.06mg (4.2%), Iron: 0.74mg (4.09%), Folate: 16.12µg (4.03%), Potassium: 111.74mg (3.19%), Vitamin B5: 0.26mg (2.55%), Magnesium: 9.96mg (2.49%), Calcium: 24.54mg (2.45%), Copper: 0.04mg (2.23%), Vitamin A: 95.85IU (1.92%), Fiber: 0.33g (1.32%), Vitamin E: 0.15mg (1.03%)