



Swedish Meatballs

READY IN



45 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon thick minced
- 2.3 cups beef stock divided
- 1.5 teaspoons pepper black freshly ground
- 1 cup breadcrumbs fresh
- 3 large eggs lightly beaten
- 2 tablespoons flour all-purpose
- 1 teaspoon ground allspice
- 1 pound ground beef
- 0.5 teaspoon nutmeg

- 0.8 pound ground pork
- 1 tablespoon kosher salt
- 1 cup onion minced
- 2 tablespoons cream sour
- 1.5 teaspoons sugar
- 4 tablespoons butter unsalted divided

Equipment

- bowl
- frying pan
- baking sheet
- whisk
- pot
- slotted spoon

Directions

- Mix breadcrumbs and 1/3 cup stock in a small bowl. Set aside. Melt 1 tablespoon butter in a medium skillet over medium heat.
- Add onion and sauté until browned, about 10 minutes.
- Transfer onion to a large bowl.
- Wipe out pan and return to medium heat.
- Add bacon and cook until crisp. Using a slotted spoon, transfer bacon to bowl with onion. (Reserve bacon fat.)
- Add next 8 ingredients to bowl with onion mixture, mixing with your hands to blend. Fold in breadcrumb mixture. Using a 1 tablespoon measure, roll meat mixture into balls; transfer to a rimmed baking sheet.
- Melt 1 tablespoon butter with reserved bacon fat in a large heavy pot over medium-low heat. Working in 3 batches and adding 1 tablespoon butter between batches, brown meatballs on all sides, about 6–8 minutes per batch.
- Transfer meatballs to a plate.

- Drain all but 2 tablespoons drippings from pot.
- Whisk in flour until smooth paste forms. Stir in 2 cups stock; bring to a simmer, whisking often. Return meatballs to pot. Cover; simmer until meatballs are cooked, 5–6 minutes.
- Remove from heat, whisk in sour cream, and stir to coat meatballs.

Nutrition Facts

■ PROTEIN **21.6%**
■ FAT **64.37%**
■ CARBS **14.03%**

Properties

Glycemic Index: 36.14, Glycemic Load: 2.06, Inflammation Score: -4, Nutrition Score: 15.3221740619%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 444.12kcal (22.21%), Fat: 31.48g (48.42%), Saturated Fat: 13.16g (82.23%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 14.26g (5.19%), Sugar: 3.03g (3.37%), Cholesterol: 161.07mg (53.69%), Sodium: 1237.14mg (53.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.52%), Selenium: 31.02µg (44.31%), Vitamin B1: 0.54mg (35.86%), Vitamin B3: 6.14mg (30.68%), Vitamin B12: 1.77µg (29.51%), Zinc: 4mg (26.68%), Phosphorus: 265.95mg (26.59%), Vitamin B2: 0.42mg (24.42%), Vitamin B6: 0.48mg (23.77%), Iron: 2.86mg (15.91%), Potassium: 512.72mg (14.65%), Manganese: 0.24mg (12.01%), Vitamin B5: 1.02mg (10.17%), Folate: 38.62µg (9.66%), Magnesium: 35.42mg (8.85%), Copper: 0.16mg (7.97%), Calcium: 70.92mg (7.09%), Vitamin A: 303.81IU (6.08%), Fiber: 1.17g (4.69%), Vitamin E: 0.65mg (4.36%), Vitamin D: 0.56µg (3.72%), Vitamin K: 3.27µg (3.12%), Vitamin C: 1.91mg (2.31%)