



Swedish Meatballs

READY IN



65 min.

SERVINGS



8

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups breadcrumbs
- ☐ 1 slices pickled cucumber fresh for serving
- ☐ 2 teaspoons cooking sherry dry
- ☐ 3 large eggs
- ☐ 8 servings optional: dill fresh chopped for topping
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 pound ground pork
- ☐ 0.5 pound pd of ground turkey
- ☐ 1 tablespoon honey

- ☐ 8 servings kosher salt
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.5 medium onion finely chopped
- ☐ 8 servings pepper freshly ground
- ☐ 3 tablespoons cranberry preserves
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon butter unsalted
- ☐ 8 servings vegetable oil for frying

Equipment

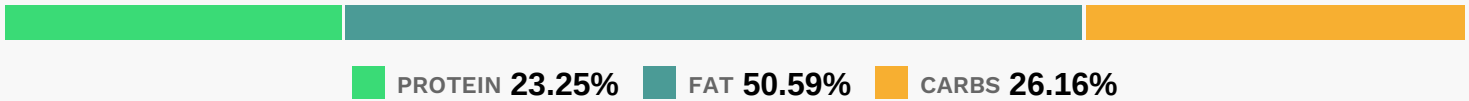
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ skewers
- ☐ slotted spoon

Directions

- ☐ Melt the butter in a medium skillet over medium-high heat.
- ☐ Add the onion, season with salt and cook until golden brown, 4 to 6 minutes; set aside.
- ☐ Combine 1/2 cup breadcrumbs and the milk in a bowl; set aside until the milk is absorbed, 1 to 2 minutes. Stir the sherry and mustard powder in a large bowl until dissolved, then beat in 1 egg.

- ☐ Add the soaked breadcrumbs, the browned onion, the pork, turkey, honey, allspice, 2 teaspoons salt, and pepper to taste. Gently mix with your hands until combined.
- ☐ Dampen your hands; form the mixture into 36 small meatballs, about 1 tablespoon each. Put on a parchment paper-lined baking sheet, cover with plastic wrap and refrigerate at least 4 hours or overnight.
- ☐ Put the remaining 1 cup breadcrumbs in a shallow dish.
- ☐ Whisk the remaining 2 eggs and 2 tablespoons water in a bowl. Dip each meatball in egg, letting the excess drip off, then roll in the breadcrumbs; return to the baking sheet.
- ☐ Heat about 1 1/2 inches vegetable oil in a large saucepan over medium-high heat until a deep-fry thermometer registers 325 degrees F. Working in batches, fry the meatballs, gently stirring with a slotted spoon, until golden and cooked through, 3 to 4 minutes.
- ☐ Transfer to a paper towel-lined plate and season with salt.
- ☐ Let stand 10 minutes.
- ☐ Fold the lingonberry preserves into the sour cream and top with the dill. Skewer each meatball with a pickled cucumber slice and serve with the lingonberry cream.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:31.78, Glycemic Load:1.69, Inflammation Score:-4, Nutrition Score:11.999565072682%

Flavonoids

Cyanidin: 2.57mg, Cyanidin: 2.57mg, Cyanidin: 2.57mg, Cyanidin: 2.57mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 300.64kcal (15.03%), Fat: 16.83g (25.89%), Saturated Fat: 6.18g (38.61%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 18.26g (6.64%), Sugar: 5.02g (5.58%), Cholesterol: 119.22mg (39.74%), Sodium: 408.26mg (17.75%), Alcohol: 0.13g (100%), Alcohol %: 0.11% (100%), Protein: 17.4g (34.8%), Selenium: 25.17µg (35.96%), Vitamin B1: 0.44mg (29.5%), Vitamin B3: 5.39mg (26.97%), Vitamin B6: 0.43mg (21.72%), Phosphorus: 210.63mg (21.06%), Vitamin B2: 0.31mg (18.1%), Manganese: 0.25mg (12.61%), Zinc: 1.79mg (11.9%), Vitamin B12: 0.67µg (11.15%), Iron: 1.87mg (10.37%), Vitamin B5: 0.96mg (9.58%), Folate: 37.04µg (9.26%), Calcium: 84.17mg (8.42%), Potassium: 286.45mg (8.18%), Magnesium: 29.42mg (7.36%), Vitamin K: 7.45µg (7.1%), Vitamin A: 273.15IU (5.46%), Copper: 0.11mg (5.39%), Fiber: 1.31g (5.24%), Vitamin E: 0.64mg (4.3%), Vitamin D: 0.63µg (4.18%), Vitamin C: 1.8mg (2.18%)