



Swedish Meatballs

READY IN



30 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup bread crumbs
- ☐ 4 tablespoons butter
- ☐ 1 cup chicken broth
- ☐ 1 eggs
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 teaspoon kosher salt

- ☐ 1 small onion grated drained
- ☐ 0.5 cup cup heavy whipping cream sour

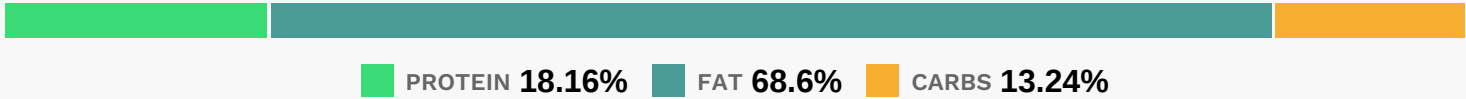
Equipment

- ☐ frying pan
- ☐ sieve

Directions

- ☐ Combine the first 8 ingredients. Form the mixture into 1-inch balls.
- ☐ Place 3/4 of the butter in a skillet over medium-high heat. Brown the meatballs for about 10 minutes.
- ☐ Remove them and most of the fat. Stir the flour and the remaining butter into the pan.
- ☐ Add the broth. Simmer until it thickens, about 2 minutes.
- ☐ Strain it with a sieve to remove clumps. Return it to the pan.
- ☐ Reduce heat to low; stir in the sour cream.
- ☐ Return the meatballs to the pan for 1 minute.
- ☐ Serve with the berry sauce.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:10.666521740996%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 368.8kcal (18.44%), Fat: 27.96g (43.02%), Saturated Fat: 12.96g (81.02%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.26g (4.09%), Sugar: 2.21g (2.46%), Cholesterol: 113.11mg (37.7%), Sodium: 759.35mg (33.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.66g (33.31%), Vitamin B12: 1.79µg (29.9%),

Selenium: 18.02µg (25.75%), Zinc: 3.57mg (23.83%), Vitamin B3: 4.22mg (21.12%), Phosphorus: 178.5mg (17.85%),
Vitamin B2: 0.26mg (15.4%), Vitamin B6: 0.3mg (14.79%), Iron: 2.34mg (13%), Vitamin B1: 0.18mg (12.29%),
Manganese: 0.19mg (9.39%), Potassium: 294.2mg (8.41%), Vitamin A: 394.71IU (7.89%), Calcium: 70.13mg (7.01%),
Folate: 26.97µg (6.74%), Vitamin B5: 0.66mg (6.6%), Magnesium: 23.73mg (5.93%), Copper: 0.1mg (5.14%), Vitamin
E: 0.71mg (4.71%), Fiber: 0.88g (3.52%), Vitamin K: 3.4µg (3.24%), Vitamin D: 0.22µg (1.48%), Vitamin C: 1.1mg (1.34%)