

## Swedish Meatballs I

READY IN



75 min.

SERVINGS



5

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 0.3 cup cream of wheat cereal dry
- 1 eggs
- 12 fluid ounce evaporated milk canned
- 1 tablespoon parsley fresh chopped
- 1 pound ground beef
- 0.3 cup milk
- 0.3 cup onion minced

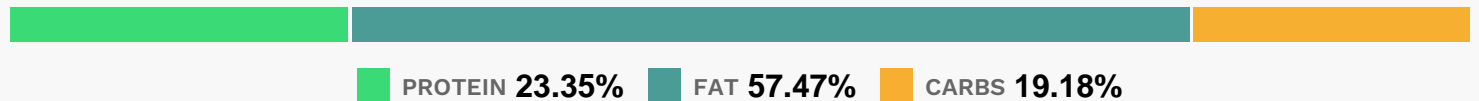
## Equipment

- bowl
- baking sheet
- paper towels
- oven
- whisk
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, whisk together the egg and the milk.
- Add the beef, cream of wheat and onion and mix well. Shape into 1 inch balls.
- Place balls on a lightly greased baking sheet.
- Bake at 350 degrees F (175 degrees C) for about 20 minutes.
- Drain meatballs on paper towels, if needed. Then place meatballs in a lightly greased 2 quart casserole dish. In a separate medium bowl, combine the soups with the evaporated milk, stirring until smooth.
- Pour over the meatballs.
- Bake uncovered at 350 degrees F (175 degrees C) for another 40 minutes.
- Sprinkle with parsley before serving.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:2.27, Inflammation Score:-4, Nutrition Score:18.604347809501%

## Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

## Nutrients (% of daily need)

Calories: 472.8kcal (23.64%), Fat: 29.85g (45.93%), Saturated Fat: 12.51g (78.2%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 21.77g (7.92%), Sugar: 8.47g (9.41%), Cholesterol: 127.11mg (42.37%), Sodium: 1024.66mg (44.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.29g (54.58%), Vitamin B12: 2.3µg (38.28%), Phosphorus: 378.3mg (37.83%), Zinc: 5.49mg (36.57%), Iron: 6.08mg (33.76%), Vitamin B2: 0.53mg (31.28%), Selenium: 21.1µg (30.15%), Vitamin B3: 5.98mg (29.92%), Calcium: 296.91mg (29.69%), Vitamin B6: 0.43mg (21.28%), Manganese: 0.36mg (18.22%), Potassium: 626.43mg (17.9%), Vitamin K: 17.77µg (16.93%), Copper: 0.29mg (14.75%), Vitamin B5: 1.39mg (13.87%), Vitamin B1: 0.19mg (12.97%), Magnesium: 46.77mg (11.69%), Folate: 34.85µg (8.71%), Vitamin A: 415.38IU (8.31%), Vitamin E: 0.95mg (6.33%), Vitamin C: 3.07mg (3.72%), Vitamin D: 0.47µg (3.15%), Fiber: 0.65g (2.59%)