



Swedish Meatballs II

READY IN



45 min.

SERVINGS



4

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs dried
- ☐ 6 tablespoons butter divided
- ☐ 1 pinch parsley dried
- ☐ 1 eggs beaten
- ☐ 1 cup evaporated milk divided
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 1.5 pounds ground beef
- ☐ 4 servings ground nutmeg to taste
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 onion chopped
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon tomato sauce

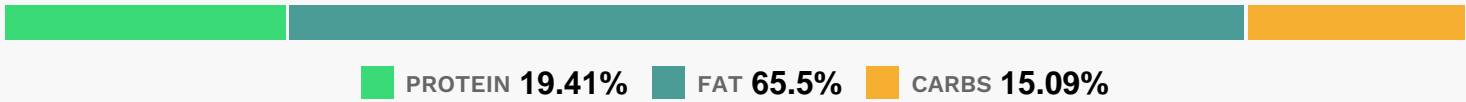
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt 3 tablespoons butter or margarine in a large skillet over medium heat.
- ☐ Add the onion and saute for 5 to 10 minutes, or until tender.
- ☐ In a separate medium bowl, combine the bread crumbs with 2 tablespoons of evaporated milk and stir, allowing the crumbs to absorb the milk.
- ☐ Add the ground beef, onion, egg, salt, ground black pepper and parsley to taste.
- ☐ Mix well and form into golf ball sized meatballs.
- ☐ Heat remaining butter or margarine in the same skillet over medium to medium high heat and add the meatballs. Carefully shake the skillet to turn the meatballs, as needed.
- ☐ Saute for 10 to 15 minutes, or until meatballs are browned on all sides.
- ☐ Transfer the meatballs to a serving platter, reserving the liquid in the skillet.
- ☐ Add the flour to the skillet and stir until smooth. Then gradually add the evaporated milk, tomato sauce and nutmeg to taste; again stirring until mixture is warmed, smooth and creamy. Strain over meatballs.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:25.329130525174%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 816.64kcal (40.83%), Fat: 58.95g (90.7%), Saturated Fat: 20.66g (129.11%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 28.29g (10.29%), Sugar: 9.93g (11.03%), Cholesterol: 179.96mg (59.99%), Sodium: 1193.77mg (51.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.3g (78.59%), Vitamin B12: 3.95µg (65.9%), Zinc: 8.25mg (54.99%), Selenium: 37.63µg (53.76%), Phosphorus: 483.15mg (48.31%), Vitamin B3: 9.28mg (46.41%), Vitamin B2: 0.64mg (37.56%), Vitamin B6: 0.68mg (33.85%), Iron: 5.18mg (28.77%), Calcium: 271.32mg (27.13%), Vitamin B1: 0.4mg (26.49%), Potassium: 794.65mg (22.7%), Manganese: 0.42mg (20.83%), Vitamin A: 985.5IU (19.71%), Magnesium: 65.96mg (16.49%), Vitamin B5: 1.64mg (16.44%), Folate: 60.14µg (15.04%), Copper: 0.23mg (11.57%), Vitamin E: 1.67mg (11.13%), Fiber: 2.27g (9.09%), Vitamin K: 9.08µg (8.64%), Vitamin C: 3.91mg (4.74%), Vitamin D: 0.45µg (3.02%)