



## Swedish Meatballs III

READY IN



70 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 eggs
- 2 tablespoons flour all-purpose
- 4 tablespoons optional: dill fresh chopped
- 0.3 teaspoon garlic minced
- 1 pinch ground allspice
- 1.5 pounds ground beef
- 0.3 teaspoon ground nutmeg
- 1 tablespoon butter
- 1 onion diced finely

- 1 teaspoon sage
- 0.5 cup saltines crushed
- 1 packet sauce mix dry white
- 0.3 cup whipping cream

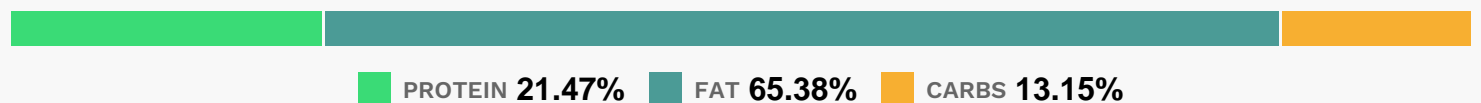
## Equipment

- bowl
- frying pan
- oven
- aluminum foil
- glass baking pan

## Directions

- Melt margarine in a medium frying pan over medium heat. Cook onion in margarine, stirring often, until tender.
- Transfer to a large bowl.
- Mix cracker crumbs, ground beef, egg, nutmeg, and allspice with the onion until blended. Shape into 1 1/2 inch (4 centimeter) meatballs, and place in a glass baking dish.
- Sprinkle with minced garlic, and cover with foil.
- Bake in preheated 350 degrees F (175 degrees C) for 15 minutes, or until cooked through.
- Meanwhile, make white sauce, following the directions on the packet. Stir in dill, sage, flour, and whipping cream.
- Turn off oven, and remove foil cover from meatballs.
- Pour sauce over meatballs, and leave in oven for 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:38.67, Glycemic Load:1.79, Inflammation Score:-3, Nutrition Score:14.543478354164%

## Flavonoids

Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

## Nutrients (% of daily need)

Calories: 411.35kcal (20.57%), Fat: 29.44g (45.29%), Saturated Fat: 11.74g (73.38%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.72g (4.63%), Sugar: 3.63g (4.03%), Cholesterol: 119mg (39.67%), Sodium: 167.31mg (7.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.49%), Copper: 1.11mg (55.33%), Vitamin B12: 2.52µg (41.92%), Zinc: 4.96mg (33.06%), Selenium: 21.12µg (30.17%), Vitamin B3: 5.36mg (26.79%), Phosphorus: 214.65mg (21.46%), Vitamin B6: 0.41mg (20.64%), Iron: 2.88mg (16%), Vitamin B2: 0.27mg (15.76%), Potassium: 369.53mg (10.56%), Vitamin B1: 0.12mg (8.31%), Vitamin B5: 0.77mg (7.72%), Manganese: 0.15mg (7.26%), Folate: 28.16µg (7.04%), Magnesium: 25.59mg (6.4%), Vitamin A: 290.12IU (5.8%), Vitamin E: 0.78mg (5.19%), Calcium: 40.8mg (4.08%), Vitamin K: 3.95µg (3.76%), Vitamin D: 0.42µg (2.79%), Fiber: 0.6g (2.4%), Vitamin C: 1.7mg (2.06%)