



Swedish Meatballs (Svenska Kottbullar)

 Popular

READY IN



85 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices day-old bread white crumbled
- ☐ 1 tablespoon butter
- ☐ 0.3 cup chicken broth
- ☐ 1 eggs
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.7 pound ground beef
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground pepper black

- ☐ 0.3 pound ground pork finely
- ☐ 0.5 cup heavy cream
- ☐ 1 small onion minced
- ☐ 1 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour

Equipment

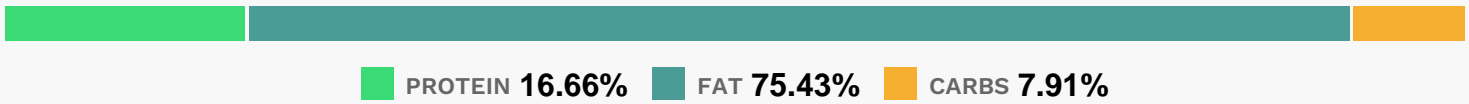
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place the bread crumbs into a small bowl, and mix in the cream. Allow to stand until crumbs absorb the cream, about 10 minutes. While the bread is soaking, melt 1 teaspoon of butter in a skillet over medium heat, and cook and stir the onion until it turns light brown, about 10 minutes.
- ☐ Place onion into a mixing bowl; mix with the ground beef, ground pork, egg, brown sugar, salt, black pepper, nutmeg, allspice, and ginger. Lightly mix in the bread crumbs and cream.
- ☐ Melt 1 tablespoon of butter in a large skillet over medium heat. Pinch off about 1 1/2 tablespoon of the meat mixture per meatball, and form into balls.
- ☐ Place the meatballs into the skillet, and cook just until the outsides are brown, about 5 minutes, turning the meatballs often. Insides of the meatballs will still be pink.
- ☐ Place browned meatballs into a baking dish, pour in chicken broth, and cover with foil.
- ☐ Bake in the preheated oven until the meatballs are tender, about 40 minutes.

- ☐
- Remove meatballs to a serving dish.
- ☐
- To make brown gravy, pour pan drippings into a saucepan over medium heat.
- ☐
- Whisk the flour into the pan drippings until smooth, and gradually whisk in enough beef broth to total about 2 1/2 cups of liquid. Bring the gravy to a simmer, whisking constantly until thick, about 5 minutes. Just before serving, whisk in the sour cream. Season to taste with salt and black pepper.
- ☐
- Serve the gravy with the meatballs.

Nutrition Facts



Properties

Glycemic Index:44.8, Glycemic Load:3.2, Inflammation Score:-5, Nutrition Score:10.623913023783%

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: 392.4kcal (19.62%), Fat: 32.87g (50.58%), Saturated Fat: 15.76g (98.49%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 7.31g (2.66%), Sugar: 2.9g (3.23%), Cholesterol: 131.13mg (43.71%), Sodium: 554.59mg (24.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.66%), Selenium: 20.07µg (28.67%), Vitamin B12: 1.44µg (23.95%), Zinc: 3.03mg (20.23%), Phosphorus: 192.64mg (19.26%), Vitamin B3: 3.71mg (18.57%), Vitamin B1: 0.27mg (18.06%), Vitamin B2: 0.3mg (17.53%), Vitamin B6: 0.32mg (15.82%), Vitamin A: 628.22IU (12.56%), Iron: 1.71mg (9.48%), Calcium: 90.51mg (9.05%), Potassium: 316.07mg (9.03%), Vitamin B5: 0.77mg (7.75%), Magnesium: 23.38mg (5.85%), Folate: 22.94µg (5.74%), Manganese: 0.1mg (4.97%), Vitamin E: 0.69mg (4.6%), Copper: 0.08mg (3.77%), Vitamin D: 0.51µg (3.43%), Vitamin K: 2.49µg (2.38%), Vitamin C: 1.53mg (1.86%), Fiber: 0.45g (1.79%)