

# Gluten Free & Keto Swedish Meatballs

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/almond-flour-swedish-pancake-recipe>

## Ingredients:

- 4 tablespoons grass-fed butter divided
- 1 white onion medium, finely copped
- 500 grams ground beef chuck works great!\*
- 1/4 cup almond flour
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper freshly ground
- 1/4 teaspoon allspice
- 1/4 teaspoon nutmeg
- 1/4 teaspoon garlic powder
- 1 egg lightly beaten
- 1/2 cup heavy cream divided
- extra virgin olive oil for cooking
- 2 cups beef broth
- 1 teaspoon Dijon mustard
- 1 teaspoon arrowroot powder or 1/4 tsp konjac, glucomannan powder

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 220 milligrams
4. Fat: 53 grams
5. Fiber: 1 grams
6. Protein: 29 grams
7. SaturatedFat: 24 grams
8. Sodium: 890 milligrams
9. Sugar: 2 grams
10. TransFat: 1.5 grams

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