

# Beyond Meat Meatballs

Yield: 12 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/beyond-meat-swedish-meatballs-recipe>

## Ingredients:

- meat
- pie
- pot pie Dairy-Veggie, vegan, dairy-free, meat-eater option
- peanut Spicy Tomato, Bowls, vegan or chicken
- squash
- pasta sauce
- meat
- salad
- 1/4 cup onion diced
- 2 teaspoons olive oil or other cooking oil
- 2 cloves garlic
- 340 grams beef plant-based ground
- 1/4 cup breadcrumbs we used Panko breadcrumb
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- olive oil additional, if pan-frying

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 35 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 4 grams
8. Sodium: 95 milligrams
9. Sugar: 1 grams

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