

# Ikea Swedish Meatballs

Yield: 8 min  
Total Time: 45 min

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

## Ingredients:

- 1 1/2 pounds ground beef
- 1/2 pound ground pork
- 2 eggs
- 3/4 cup bread crumbs
- 2/3 cup milk
- 2 tablespoons worcestershire
- salt
- pepper
- 2 teaspoons fresh oregano
- 1 cup finely chopped onion
- 4 tablespoons butter
- 1/3 cup flour
- 1 quart beef stock
- 1/2 cup sour cream
- 2 teaspoons Dijon mustard
- egg noodles or mashed potatoes
- fresh parsley

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 160 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 14 grams
8. Sodium: 610 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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