

Creamy Swedish Meatball Pasta Bake

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/creamy-swedish-meatball-recipe>

Ingredients:

- 1 pound ground beef 90/10
- 1/2 cup panko breadcrumbs
- 1 large egg
- 1/2 onion finely chopped
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 cup beef broth
- 1 pint heavy cream
- 1 tablespoon worcestershire sauce
- 2 1/2 cups rigatoni pasta or similar
- 1 cup grated Gruyere cheese freshly
- salt
- pepper
- fresh parsley chopped, for topping, optional

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 305 milligrams
4. Fat: 65 grams
5. Fiber: 1 grams
6. Protein: 31 grams
7. SaturatedFat: 36 grams
8. Sodium: 1030 milligrams
9. Sugar: 1 grams

10. TransFat: 1 grams

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