

Swedish Meatballs with Creamy Gravy

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-oven-fried-pork-ribs-with-gravy-recipe>

Ingredients:

- 2 tablespoons olive oil divided
- 1 onion medium, diced
- 2 pounds meatloaf mix, ground beef, pork and veal mixed together
- 1/2 cup panko bread crumbs
- 2 large egg yolks
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- kosher salt
- ground black pepper
- gravy
- 1/4 cup unsalted butter
- 1/3 cup all-purpose flour
- 4 cups beef broth
- 3/4 cup sour cream
- black pepper
- kosher salt
- 2 tablespoons fresh parsley leaves chopped

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 310 milligrams
4. Fat: 64 grams
5. Fiber: 2 grams
6. Protein: 50 grams
7. SaturatedFat: 28 grams
8. Sodium: 1460 milligrams

9. Sugar: 3 grams
 10. TransFat: 2.5 grams
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