

# 30 Minute Swedish Meatballs

Yield: 5 min  
Total Time: 30 min

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

## Ingredients:

- meatball mixture:
  - 1 1/4 pounds ground beef
  - 1/4 cup onion finely diced
  - 1/3 cup plain bread crumbs
  - 1/4 cup buttermilk or regular milk
  - 1 large egg
  - 1 tablespoon parsley chopped
  - 1 teaspoon salt
  - 1/2 teaspoon black pepper
  - 1/4 teaspoon ground nutmeg fresh
  - 1/2 teaspoon ground allspice
  - 1/2 teaspoon garlic powder
  - 1 tablespoon olive oil
  - 1 tablespoon unsalted butter
- gravy
  - 3 tablespoons unsalted butter
  - 2 tablespoons flour
  - 1 3/4 cups beef stock
  - 1/2 cup sour cream
  - 1 tablespoon worcestershire sauce
  - 2 teaspoons spicy brown mustard
- egg noodles Serve over buttered, or rice

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 165 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams

6. Protein: 29 grams
  7. SaturatedFat: 16 grams
  8. Sodium: 910 milligrams
  9. Sugar: 4 grams
  10. TransFat: 1 grams
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