

Swedish Meatball Saute

Yield: 6 min
Total Time: 35 min

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

Ingredients:

- 1 pound lean ground turkey
- 1 teaspoon coconut oil
- 8 ounces egg noodles
- 1 onion medium, finely diced
- 1/2 cup fat free sour cream
- 2 cups fat free beef broth
- 2 tablespoons light butter
- 1/4 cup whole wheat flour
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- salt
- pepper

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 105 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 5 grams
8. Sodium: 240 milligrams
9. Sugar: 2 grams

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