

Dairy Free Swedish Meatballs

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/free-swedish-meetball-recipe>

Ingredients:

- 1 pound ground beef
- 1 cup chopped mushrooms finely
- 1/4 medium yellow onion finely chopped
- 1/2 cup cashew milk
- 2 eggs
- 3/4 cup mashed potato flakes instant
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 cup coconut butter
- 1/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 3 tablespoons tapioca starch
- 1 1/2 cups vegetable broth
- 1/2 cup cashew milk
- salt
- pepper
- chopped flat leaf parsley

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 120 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 7 grams
8. Sodium: 760 milligrams
9. Sugar: 2 grams

10. TransFat: 1 grams

Thank you for visiting our website. Hope you enjoy Dairy Free Swedish Meatballs above. You can see more 15 free swedish meetball recipe Savor the mouthwatering goodness! to get more great cooking ideas.