

# Swedish Christmas meat balls

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meat-balls-recipe>

## Ingredients:

- 1 1/2 pounds beef ground meat, and pork mixed.
- 1 potato
- 1 1/2 onion brown
- 1/2 cup cream ~15% fat content
- 1/2 cup breadcrumbs or pancho
- 1 egg optional
- 1/4 cup water
- 1 teaspoon muscovado sugar
- 2 tablespoons stock meat liquid, optional
- 1 tablespoon soy sauce
- salt
- pepper
- 1 teaspoon ground allspice
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground clove

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 195 milligrams
4. Fat: 34 grams
5. Fiber: 4 grams
6. Protein: 38 grams
7. SaturatedFat: 15 grams
8. Sodium: 670 milligrams
9. Sugar: 4 grams
10. TransFat: 1.5 grams

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