

# Keto Swedish Meatballs

Yield: 4 min  
Total Time: 52 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-swedish-meatballs-recipe>

## Ingredients:

- 2 pounds ground beef
- 1 cup finely grated Parmesan
- 1/4 cup almond flour
- 2 teaspoons sea salt
- 1/2 teaspoon fresh ground pepper
- 1/2 teaspoon garlic powder
- 2 eggs beaten
- 2 teaspoons gelatin optional
- 1 stick unsalted butter
- 1 cup beef broth
- 2 ounces cream cheese cubed
- 1/2 cup grated Parmesan
- 1/4 teaspoon xanthan gum
- 1/2 cup sour cream

## Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 360 milligrams
4. Fat: 77 grams
5. Fiber: 1 grams
6. Protein: 57 grams
7. SaturatedFat: 37 grams
8. Sodium: 1830 milligrams
9. Sugar: 2 grams
10. TransFat: 2.5 grams

---

Thank you for visiting our website. Hope you enjoy Keto Swedish Meatballs above. You can see more 16 keto swedish meatballs recipe Cook up something special! to get more great cooking ideas.