

Low Calorie Swedish Meatballs

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/low-calorie-easter-egg-recipe>

Ingredients:

- 1 pound extra-lean ground beef 94-95% lean
- 1 onion large, chopped
- 2 celery stalks large, chopped
- 1 egg
- 1/4 cup whole wheat breadcrumbs
- 1/3 cup parsley finely chopped
- 8 ounces sliced mushrooms
- 3 cups beef stock fat free
- 3 ounces fat free cream cheese
- 1/4 teaspoon canela
- 1/4 teaspoon nutmeg
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cardamom
- 3 garlic cloves

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 125 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 3 grams
8. Sodium: 660 milligrams
9. Sugar: 6 grams

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