

Low Carb Swedish Meatballs

Yield: 15 min
Total Time: 40 min

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

Ingredients:

- 2 pounds lean ground beef
- 2 large eggs
- 4 ounces onion minced and sauteed until soft
- 1/4 cup heavy cream
- 1 tablespoon worcestershire sauce
- 1 tablespoon montreal steak seasoning
- 1 tablespoon sweetener Sukrin Gold, or your favorite
- 1 teaspoon seasoning pure ground chipotle pepper
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/4 teaspoon allspice
- 1/4 teaspoon nutmeg
- 2 tablespoons olive oil divided
- 4 ounces cream cheese
- 1 1/2 cups beef broth unsalted
- 1 cup heavy cream
- 2 tablespoons brandy
- 2 teaspoons Dijon mustard
- 2 teaspoons worcestershire sauce
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- chopped parsley garnish with, optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 105 milligrams
4. Fat: 17 grams
5. Protein: 15 grams

6. SaturatedFat: 9 grams
 7. Sodium: 270 milligrams
 8. Sugar: 2 grams
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