

Vegetarian Swedish Meatballs

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/veggie-nuggets-indian-recipe>

Ingredients:

- 2 cups wild rice cooked
- 1 cup mushrooms finely chopped
- 1/2 cup plain greek yogurt
- 2 eggs
- 3/4 cup breadcrumbs
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- olive oil optional
- 3 tablespoons salted butter
- 1/2 teaspoon onion powder and/or garlic powder
- 3 tablespoons flour
- 1 1/2 cups vegetable broth
- 1/2 cup sour cream
- salt
- black pepper

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 100 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 7 grams
8. Sodium: 750 milligrams
9. Sugar: 5 grams

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