

# Mom's Swedish Meatballs

Yield: 5 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meatball-recipe-the-secret-using-pork>

## Ingredients:

- 1 pound veal or beef or a combination, minced
- 2 tablespoons fresh bread crumbs
- milk Warm, about 3 tablespoons
- 1 cup heavy cream or light, divided
- 1 large egg
- kosher salt to taste
- freshly ground black pepper to taste
- 1 1/2 cups beef stock
- 1 tablespoon flour all-purpose
- 2 tablespoons water
- 1 egg yolk
- 1 dash lemon juice

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 235 milligrams
4. Fat: 31 grams
5. Protein: 22 grams
6. SaturatedFat: 17 grams
7. Sodium: 430 milligrams
8. Sugar: 1 grams

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