

Instant Pot One Pot Swedish Meatballs

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 1/2 pounds ground beef preferably 93% lean
- 1/3 cup panko bread crumbs
- 1 small onion grated, with any juices
- 1 egg beaten
- 2 tablespoons finely chopped parsley
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/4 teaspoon allspice
- 1/4 teaspoon nutmeg
- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 1/2 cups beef broth
- 4 tablespoons butter
- 1 cup cream
- 1 teaspoon Dijon mustard
- 1 tablespoon worcestershire
- 1/2 cup cream
- 1/4 cup flour
- chopped parsley Additional, for garnish, optional

Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 285 milligrams
4. Fat: 72 grams
5. Fiber: 1 grams

6. Protein: 40 grams
 7. SaturatedFat: 35 grams
 8. Sodium: 1420 milligrams
 9. Sugar: 1 grams
 10. TransFat: 1.5 grams
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