

Swedish Meatballs (Ikea Meatballs)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meatballs-recipe-spoon-fork-bacon>

Ingredients:

- 2/3 pound minced beef
- 9/16 pound minced pork
- 4 slices bacon chopped
- 1 yellow onion medium, chopped
- 4 cloves garlic minced
- 1/2 cup bread crumbs
- 1/2 teaspoon all-spice
- 1/4 teaspoon nutmeg
- salt
- black pepper
- 1/4 cup butter
- 4 tablespoons flour
- 2 cups beef broth
- 7/8 cup heavy cream
- 1 1/2 tablespoons worcestershire sauce
- 1 1/2 teaspoons Dijon mustard
- black pepper to taste
- 4 pasta servings of cooked
- dried parsley or Chopped

Nutrition:

1. Calories: 2490 calories
2. Carbohydrate: 363 grams
3. Cholesterol: 225 milligrams
4. Fat: 72 grams
5. Fiber: 16 grams
6. Protein: 96 grams

7. SaturatedFat: 31 grams
 8. Sodium: 1200 milligrams
 9. Sugar: 16 grams
 10. TransFat: 1 grams
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