

# Swedish Meatballs with Sour Cream Sauce

Yield: 40 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-swedish-meatballs-with-sour-cream>

## Ingredients:

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 onion medium, finely chopped
- 1/2 cup dry bread crumbs fine
- 1/4 cup milk half-and-half, or light cream
- 2 large eggs
- 1 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg or grated
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground black pepper freshly
- 1 pound lean ground pork
- 1 pound ground beef at least 85%
- 5 tablespoons butter
- 6 tablespoons all-purpose flour
- 3 cups beef stock low sodium or homemade
- 1/2 cup sour cream
- ground black pepper
- salt

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 30 milligrams
4. Fat: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 160 milligrams

8. Sugar: 1 grams

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