

Paleo Swedish Meatballs

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-cauliflower-recipe>

Ingredients:

- 1 head cauliflower chopped into florets, about 5 cups
- 3 tablespoons ghee or grass-fed butter melted
- 1 cup bone broth beef
- 1 tablespoon stone ground mustard
- 1/4 teaspoon sea salt to taste
- 2 pounds ground beef grass-fed
- 2 tablespoons tapioca flour
- 2 tablespoons fresh parsley chopped
- 1/2 cup yellow onion finely chopped
- 1 teaspoon garlic powder
- 2 large eggs
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon sea salt

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 260 milligrams
4. Fat: 45 grams
5. Fiber: 4 grams
6. Protein: 51 grams
7. SaturatedFat: 14 grams
8. Sodium: 790 milligrams
9. Sugar: 5 grams
10. TransFat: 2.5 grams

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