

Low-Carb Baked Swedish Meatballs

Yield: 39 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-bun-recipe-low-carb>

Ingredients:

- 1 pound lean ground beef very, less than 10% fat
- 1 pound turkey breakfast sausage lean ground, or lean ground turkey, You can also use all ground beef, half ground pork, or half pork...
- 1 onion diced very small
- 1 tablespoon garlic puree also called ground garlic
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 25 milligrams
4. Fat: 2.5 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 95 milligrams

Thank you for visiting our website. Hope you enjoy Low-Carb Baked Swedish Meatballs above. You can see more 20 swedish bun recipe low carb Delight in these amazing recipes! to get more great cooking ideas.