

Swedish Chicken Meatballs

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 pound ground chicken
- 1/2 cup bread crumbs
- 1 tablespoon chopped parsley
- 1 egg
- 1/4 teaspoon allspice powder
- 1 pinch nutmeg powder
- 1/4 cup finely chopped onion
- 1/2 teaspoon finely chopped garlic
- 1/4 teaspoon pepper powder
- salt to taste
- 1 tablespoon oil
- 4 tablespoons butter
- 3 tablespoons all purpose flour
- 1 1/2 cups chicken broth
- 1 cup heavy cream
- 1 teaspoon Dijon mustard
- pepper to taste
- salt to taste

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 280 milligrams
4. Fat: 54 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 27 grams
8. Sodium: 700 milligrams
9. Sugar: 1 grams

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