

# The Best Swedish Meatballs

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/zoe-bakes-swedish-cream-recipe>

## Ingredients:

- 1 pound ground beef
- 1/4 cup panko bread crumbs
- 1 tablespoon parsley chopped
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 1/4 cup onion finely chopped
- 1/2 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/2 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 5 tablespoons butter
- 3 tablespoons flour
- 2 cups beef broth
- 1 cup heavy cream
- 1 tablespoon worcestershire sauce
- 1 teaspoon Dijon mustard
- salt
- pepper

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 180 milligrams
4. Fat: 42 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 22 grams
8. Sodium: 770 milligrams

9. Sugar: 1 grams
  10. TransFat: 1 grams
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