

Paleo Swedish Meatballs in Creamy Sauce

Yield: 6 min
Total Time: 40 min

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

Ingredients:

- 1 1/2 pounds ground beef
- 1/2 cup broth homemade or store bought
- 1/2 cup coconut milk canned
- 1 teaspoon onion powder
- 1/2 teaspoon sea salt
- 1/4 cup cassava flour
- 4 cloves garlic minced
- 1 cup mushrooms sliced
- 2 cups kale roughly chopped
- 2 sprigs fresh rosemary

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 75 milligrams
4. Fat: 22 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 11 grams
8. Sodium: 350 milligrams
9. Sugar: 1 grams
10. TransFat: 1 grams

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