

Alma's Swedish Meatballs

Yield: 6 min
Total Time: 50 min

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

Ingredients:

- 1 pound hamburger meat
- 1/2 pound bulk sausage See notes
- 1/2 cup minced onion I use my hand grater.
- 3/4 cup bread crumbs stale, or store-bought dry bread crumbs
- 1/2 cup milk
- salt
- pepper
- 1 teaspoon Worcestershire sauce
- 1 egg
- 1/4 teaspoon nutmeg
- 1/4 cup flour I use a 1:1 gluten-free flour blend
- 1 1/2 cups milk and more if needed to keep the gravy a good consistency
- rice
- rice
- mashed potatoes
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- egg noodles
- green peas steamed
- lingonberry jam

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 135 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 11 grams
8. Sodium: 740 milligrams

9. Sugar: 8 grams
 10. TransFat: 1 grams
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