

# Swedish Kalops

Yield: 4 min  
Total Time: 85 min

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

## Ingredients:

- 2 tablespoons butter
- 1 pound beef chuck cut into ½ in. cubes
- 1 tablespoon flour
- 2 tablespoons butter
- 2 onions medium, diced
- 2 cloves garlic minced
- 3 tablespoons flour
- 1/4 cup red wine
- 2 cubes beef stock
- 2 large carrots
- 4 bay leaves
- 10 berries allspices
- 10 white peppercorns
- water
- salt to taste

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 105 milligrams
4. Fat: 32 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 15 grams
8. Sodium: 380 milligrams
9. Sugar: 5 grams

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