

Vegan Köttbullar (swedish meatballs) with cream sauce

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 5 tablespoons jelly lingonberry
- 2 sprigs fresh parsley
- vegetable oil for frying
- 2 1/4 pounds potatoes floury
- 6 3/4 tablespoons milk plant-based
- 2 tablespoons butter vegetable
- 1 pinch nutmeg
- pepper
- salt
- 1 onion
- 1 garlic clove
- 5/8 cup chickpeas canned
- 2/3 cup sweet corn
- 11/16 cup peas
- 15/16 cup carrot
- 2/3 cup bell pepper
- 2 3/4 cups kale or spinach, savoy cabbage
- 9/16 cup chickpea flour
- 3 11/16 tablespoons breadcrumbs
- pepper
- salt
- 3 tablespoons vegan butter
- 4 tablespoons wheat flour
- min
- 1 1/4 cups vegetable broth
- 1 cup cooking cream plant-based
- 2 tablespoons soy sauce
- 1 teaspoon tomato paste
- 1 bay leaf
- 1 pinch nutmeg
- pepper

- salt

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 107 grams
3. Cholesterol: 120 milligrams
4. Fat: 42 grams
5. Fiber: 15 grams
6. Protein: 18 grams
7. SaturatedFat: 22 grams
8. Sodium: 1620 milligrams
9. Sugar: 24 grams

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