

Swedish Meatball Pasta

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 1/2 pound ground pork
- 1/2 pound ground beef
- 1/4 cup panko bread crumbs
- 1 tablespoon fresh parsley minced
- 1/4 teaspoon ground allspice
- 1/4 ground nutmeg teaspoon
- 1/4 cup onion minced
- 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
- 16 ounces pasta

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 180 milligrams
4. Fat: 46 grams
5. Fiber: 3 grams
6. Protein: 27 grams

7. SaturatedFat: 23 grams
 8. Sodium: 770 milligrams
 9. Sugar: 3 grams
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