

# Sweet & Savory Swedish Meatballs

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meatball-recipe-using-ground-turkey>

## Ingredients:

- meatballs
- olive oil
- 1/2 onion medium, finely diced
- 1 pound ground turkey or beef
- 1/2 cup panko bread crumbs
- 1 large egg
- 1/4 teaspoon nutmeg
- 1 pinch allspice
- ground pepper Fresh
- 1/2 teaspoon sea salt
- 1 tablespoon parsley
- sauce
- 2 tablespoons butter
- 3 tablespoons flour
- 2 cups low sodium beef broth
- 1/2 cup sour cream
- sea salt
- ground pepper
- 1/4 cup fresh parsley plus 1-2 tablespoons for sprinkling on top of dish
- 2 pinches nutmeg

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 175 milligrams
4. Fat: 28 grams
5. Fiber: 3 grams

6. Protein: 25 grams
  7. SaturatedFat: 11 grams
  8. Sodium: 1100 milligrams
  9. Sugar: 6 grams
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