

Turkey Swedish Meatballs

Yield: 8 min
Total Time: 45 min

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

Ingredients:

- 1 cup fresh bread crumbs
- 1/2 cup milk
- 4 tablespoons canola oil divided
- 1 onion large, finely minced
- 1 egg lightly beaten
- 2 pounds ground turkey lean
- 2 teaspoons salt
- 2 teaspoons ground black pepper fresh
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 3 tablespoons butter
- 3 tablespoons flour
- 2 1/2 cups low sodium beef broth
- 1 teaspoon worcestershire sauce
- 1/2 cup sour cream
- salt to taste
- lingonberry optional
- cranberry optional
- jelly optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 135 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 8 grams
8. Sodium: 1140 milligrams

9. Sugar: 5 grams

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