

Easy Swedish Meatball

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meatball-recipe-worcestershire-sauce>

Ingredients:

- 2 pounds ground beef
- 1/2 cup panko bread crumbs
- 1 egg
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 2 teaspoons Worcestershire sauce
- 1 tablespoon parsley finely chopped
- 1/4 cup Parmesan cheese
- 1 dash pepper
- 1/2 stick butter
- 1 garlic clove minced
- 1 tablespoon olive oil
- 3 tablespoons flour
- 1 1/2 cups beef stock
- 1 cup heavy cream
- 1 dash Worcestershire sauce

Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 340 milligrams
4. Fat: 78 grams
5. Protein: 52 grams
6. SaturatedFat: 39 grams
7. Sodium: 1180 milligrams
8. Sugar: 2 grams
9. TransFat: 2.5 grams

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