

# Better-than-Ikea Swedish Meatball

Yield: 40 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meatballs-recipe-better-than-ikea>

## Ingredients:

- 300 grams minced beef
- 300 grams minced pork
- 1 yellow onion – diced finely
- 2 egg yolks
- 1/2 cup panko
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon all-spice
- 1/4 teaspoon salt
- black pepper
- 1/4 cup vegetable oil
- gravy :, good for 20 meatballs
- 1 cup beef stock
- 1/4 cup whipping cream
- 1 teaspoon worcestershire sauce
- 1 tablespoon butter
- 2 teaspoons flour
- salt
- pepper

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 20 milligrams
4. Fat: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams

7. Sodium: 70 milligrams

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