

Authentic Swedish Meatballs

Yield: 75 min
Total Time: 90 min

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

Ingredients:

- 1 pound lean ground beef
- 1 1/2 pounds ground pork
- 1/2 cup minced onion 1 small white onion**see note below
- 1 cup plain breadcrumbs
- 1/2 teaspoon allspice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 large eggs
- 1/4 cup heavy whipping cream
- 2 tablespoons unsalted butter
- 1/4 cup all purpose flour
- 3 cups beef stock
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon allspice
- 2/3 cup heavy whipping cream
- 1 tablespoon parsley

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 20 milligrams
4. Fat: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 75 milligrams

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