

# Swedish Meatballs Köttbullar

Yield: 6 min  
Total Time: 45 min

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

## Ingredients:

- 1/2 tablespoon olive oil
- 1/2 tablespoon butter Finlandia
- 1 white onion diced
- 2 large egg yolks
- 1 pound ground beef
- 1 pound ground pork
- salt
- freshly ground black pepper
- 1/2 cup bread crumbs
- 1/4 teaspoon ground allspice
- 1/4 teaspoon canela
- 6 tablespoons corn starch
- 1 tablespoon butter Finlandia
- 4 cups beef broth
- 3/4 heavy whipping cream
- salt
- freshly ground black pepper
- 2 tablespoons fresh parsley leaves chopped

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 185 milligrams
4. Fat: 33 grams
5. Fiber: 1 grams
6. Protein: 31 grams
7. SaturatedFat: 13 grams
8. Sodium: 960 milligrams
9. Sugar: 1 grams

10. TransFat: 1 grams

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