

# Easy Swedish Meatballs

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meatballs-made-with-grape-jelly-recipe>

## Ingredients:

- 1 pound ground beef
- 1/4 cup breadcrumbs
- 1 small onion very finely chopped
- 1 clove garlic finely minced
- 1 tablespoon parsley chopped
- 1/2 teaspoon salt
- black pepper to taste
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground allspice
- 1 egg
- 2 tablespoons milk
- 1 tablespoon oil
- 3 tablespoons butter
- 2 tablespoons flour
- 1 1/2 cups beef broth
- 1 cup whole milk
- 1 teaspoon Dijon mustard smooth
- 1 tablespoon grape jelly OR lingonberry jam
- salt
- black pepper

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 160 milligrams
4. Fat: 33 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 14 grams

8. Sodium: 1020 milligrams
  9. Sugar: 6 grams
  10. TransFat: 1 grams
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