

Val's Swedish Meatballs

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 3 tablespoons butter
- 1/2 cup onion grated
- 1 1/4 pounds lean ground beef
- 1 1/4 pounds lean ground pork
- 1 cup white bread torn, pieces crusts removed before tearing
- 2/3 cup light cream
- 2 large eggs slightly beaten
- 1 teaspoon cardamom
- 1 teaspoon nutmeg
- 1/2 teaspoon ground ginger
- 3/4 teaspoon white pepper
- 1 1/2 teaspoons sea salt
- brown gravy
- 6 tablespoons butter
- 5 tablespoons flour
- 4 cups low sodium beef broth
- 6 ounces sour cream
- 2 tablespoons parsley minced, for garnish, optional

Nutrition:

1. Calories: 880 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 395 milligrams
4. Fat: 58 grams
5. Fiber: 1 grams
6. Protein: 70 grams
7. SaturatedFat: 31 grams
8. Sodium: 1980 milligrams
9. Sugar: 5 grams

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