

Homemade Swedish Meatballs with Egg Noodles

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meatballs-with-egg-noodles-recipe-easy>

Ingredients:

- 2 cups egg noodles uncooked
- 1/3 small onion
- 3 tablespoons butter divided
- 1 slice bread
- 2 tablespoons milk
- 1/2 pound lean ground beef
- 1 egg
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground allspice
- 1/8 teaspoon garlic powder
- 1 teaspoon oil
- 2 teaspoons flour
- 1 cup beef broth low sodium
- 1/8 cup sour cream
- 1/2 teaspoon mustard
- 1 teaspoon Worcestershire sauce
- fresh parsley or green onion for garnish, optional

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 130 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 18 grams

7. SaturatedFat: 8 grams
 8. Sodium: 540 milligrams
 9. Sugar: 2 grams
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