

# Swedish Meatballs With Ground Beef and Pork

Yield: 7 min  
Total Time: 85 min

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

## Ingredients:

- 1 large egg
- 1/3 cup milk
- 1/2 cup dry breadcrumbs fine, plain
- 1/4 cup onion finely chopped
- 2 tablespoons butter
- 2 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 1 1/2 pounds ground beef
- 1/2 pound ground pork
- 2 tablespoons water
- 2 tablespoons flour
- 1 1/2 cups milk
- 1/2 cup heavy cream

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 165 milligrams
4. Fat: 35 grams
5. Protein: 29 grams
6. SaturatedFat: 16 grams
7. Sodium: 910 milligrams
8. Sugar: 4 grams
9. TransFat: 1 grams

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