

Swedish Meatballs (IKEA style)

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-new-potato-recipe>

Ingredients:

- pork mince 500g, 5% fat, £1.99
- 1 small onion £0.67/3 =, £0.23
- 1 egg £0.69/6 =, £0.13
- 3 tablespoons creme fraiche £0.95
- 1 2/3 pounds new potatoes £1.00
- asparagus £1.35
- 1 bunch fresh parsley £0.32
- 1 tablespoon butter £0.10
- 1 teaspoon parsley ground
- 1/2 teaspoon all spice
- 1 tablespoon flour
- 1 beef stock cube
- 1 teaspoon Worcester sauce
- 4 tablespoons olive oil
- salt

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 85 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams
6. Protein: 13 grams
7. SaturatedFat: 6 grams
8. Sodium: 440 milligrams
9. Sugar: 3 grams

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