

Instant Pot Swedish Meatballs

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-plank-steak-recipe>

Ingredients:

- 4 potatoes large floury, peeled and cut into 1.5" sized cubes
- 1/2 cup milk
- nutmeg A good grating of fresh, 20 scratchings on a plane or fine grater should do it
- salt
- pepper
- 1 1/8 pounds steak mince*
- 1 1/8 pounds pork mince
- 2 slices bread
- 1/4 teaspoon allspice
- 1 teaspoon caraway seeds
- sea salt
- black pepper
- 4 tablespoons water
- 2 teaspoons olive oil
- 1 cup beef stock
- 1 tablespoon cornflour
- 1/2 cup single cream
- 1 tablespoon fresh dill chopped
- lingonberry jam to serve

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams
5. Fiber: 5 grams
6. Protein: 25 grams
7. SaturatedFat: 6 grams
8. Sodium: 480 milligrams

9. Sugar: 6 grams

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