

# Tyler Florence inspired Swedish Meatballs

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/tyler-florence-swiss-steak-recipe>

## Ingredients:

- 1 onion sautéed
- 3 slices bread soaked in soy or almond milk
- 3 pounds ground beef
- 2 egg yolks
- salt
- pepper
- 2 teaspoons allspice

## Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 335 milligrams
4. Fat: 54 grams
5. Fiber: 2 grams
6. Protein: 68 grams
7. SaturatedFat: 22 grams
8. Sodium: 550 milligrams
9. Sugar: 2 grams
10. TransFat: 3.5 grams

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