

Tempeh Vegan Swedish Meatballs

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1/2 cup almonds
- 1/3 cup bread crumbs
- 2 tablespoons coconut cream
- 3 tablespoons coconut oil
- 3 teaspoons dried oregano
- 2 cloves garlic roughly chopped
- 1 teaspoon garlic powder
- 8 olives
- 1/2 onions roughly chopped
- 1 teaspoon paprika
- 1 dash sea salt
- 1 spring onions roughly chopped
- 1 1/3 cups tempeh roughly chopped

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 18 grams
3. Fat: 29 grams
4. Fiber: 4 grams
5. Protein: 16 grams
6. SaturatedFat: 13 grams
7. Sodium: 220 milligrams
8. Sugar: 2 grams

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