

Classic Swedish meatballs

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 7/8 pound pork mince lean
- 1 egg beaten
- 1 onion small, finely chopped or grated
- 13/16 cup breadcrumbs fresh white
- 1 tablespoon dill finely chopped, plus extra to serve
- 1 tablespoon olive oil each, and butter
- 2 tablespoons plain flour
- 1 11/16 cups beef stock from a cube is fine

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 120 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 3 grams
8. Sodium: 410 milligrams
9. Sugar: 3 grams

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