

The Best Swedish Meatballs

By Alyssa Rivers

The Best Swedish Meatballs are smothered in the most amazing rich and creamy gravy. The meatballs are packed with such delicious flavor you will agree these are the BEST you have ever had!

★★★★★ 4.73 from 322 votes



PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

30 mins



COURSE

Main Course



SERVINGS

6

CALORIES

499 kcal

INGREDIENTS

- 1 pound ground beef
- 1/4 cup panko bread crumbs
- 1 tablespoon parsley chopped
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 1/4 cup onion finely chopped
- 1/2 teaspoon Garlic Powder
- 1/8 teaspoon Pepper
- 1/2 teaspoon salt
- 1 egg
- 1 tbsp. olive oil
- 5 tbsp. butter
- 3 tbsp. flour
- 2 cups beef broth
- 1 cup heavy cream
- 1 Tablespoon Worcestershire sauce
- 1 tsp. Dijon mustard
- salt and pepper to taste

INSTRUCTIONS

1. In a medium sized bowl combine ground beef, panko, parsley, allspice, nutmeg, onion, garlic powder, pepper, salt and egg. Mix until combined.
2. Roll into 12 large meatballs or 20 small meatballs. In a large skillet heat olive oil and 1 Tablespoon butter. Add the meatballs and cook turning continuously until brown on each side and cooked throughout. Transfer to a plate and cover with foil.
3. Add 4 Tablespoons butter and flour to skillet and whisk until it turns brown. Slowly stir in beef broth and heavy cream. Add worcestershire sauce and dijon mustard and bring to a simmer until sauce starts to thicken. Salt and pepper to taste.
4. Add the meatballs back to the skillet and simmer for another 1-2 minutes. Serve over egg noodles or rice.

NUTRITION

Calories: 499kcal

Fat: 43g

Sodium: 712mg

Sugar: 1g

Calcium: 59mg

Carbohydrates: 10g

Saturated Fat: 22g

Potassium: 327mg

Vitamin A: 987IU

Iron: 2mg

Protein: 17g

Cholesterol: 162mg

Fiber: 1g

Vitamin C: 2mg

The Best Swedish Meatballs <https://thelrecipetic.com/the-best-swedish-meatballs/>