

## **Swedish Meatballs**

*Preparation time: 15 minutes*

*Cooking time: 20 minutes*

*Yield: 6 servings*

### **Meatballs**

$\frac{1}{4}$  cup minced onion

$\frac{1}{2}$  tablespoon extra virgin olive oil

8 ounces lean ground beef(chuck or sirloin)

8 ounces ground turkey

$\frac{1}{4}$  cup ground flaxseed

2 whole eggs

salt, to taste

$\frac{1}{4}$  teaspoon black pepper

$\frac{1}{4}$  teaspoon ground nutmeg

$\frac{1}{4}$  teaspoon ground allspice

$\frac{1}{4}$  cup plain bread crumbs

$\frac{1}{2}$  cup water

1 tablespoon extra virgin olive oil

### **Sauce**

1 -1 ounce package brown gravy mix, dry

$\frac{1}{4}$  cup lite sour cream

1. In small saucepan, add olive oil and onions, cook over medium-high heat for about 2-3 minutes until tender. Set aside to cool.
2. Mix remaining meatball (except olive oil) ingredients together in large bowl, including onions. Form into meatballs, should have approximately 18 balls.
3. Brown meatballs in frying pan with olive oil until done, about 10-15 minutes, brown on all sides.
4. Make brown gravy according to package instructions. Take off heat, and fold in sour cream. Mix well together.
5. In same pan meatballs are in, pour over gravy/sour cream sauce Let simmer 2-3 minutes. Serve over egg noodles.

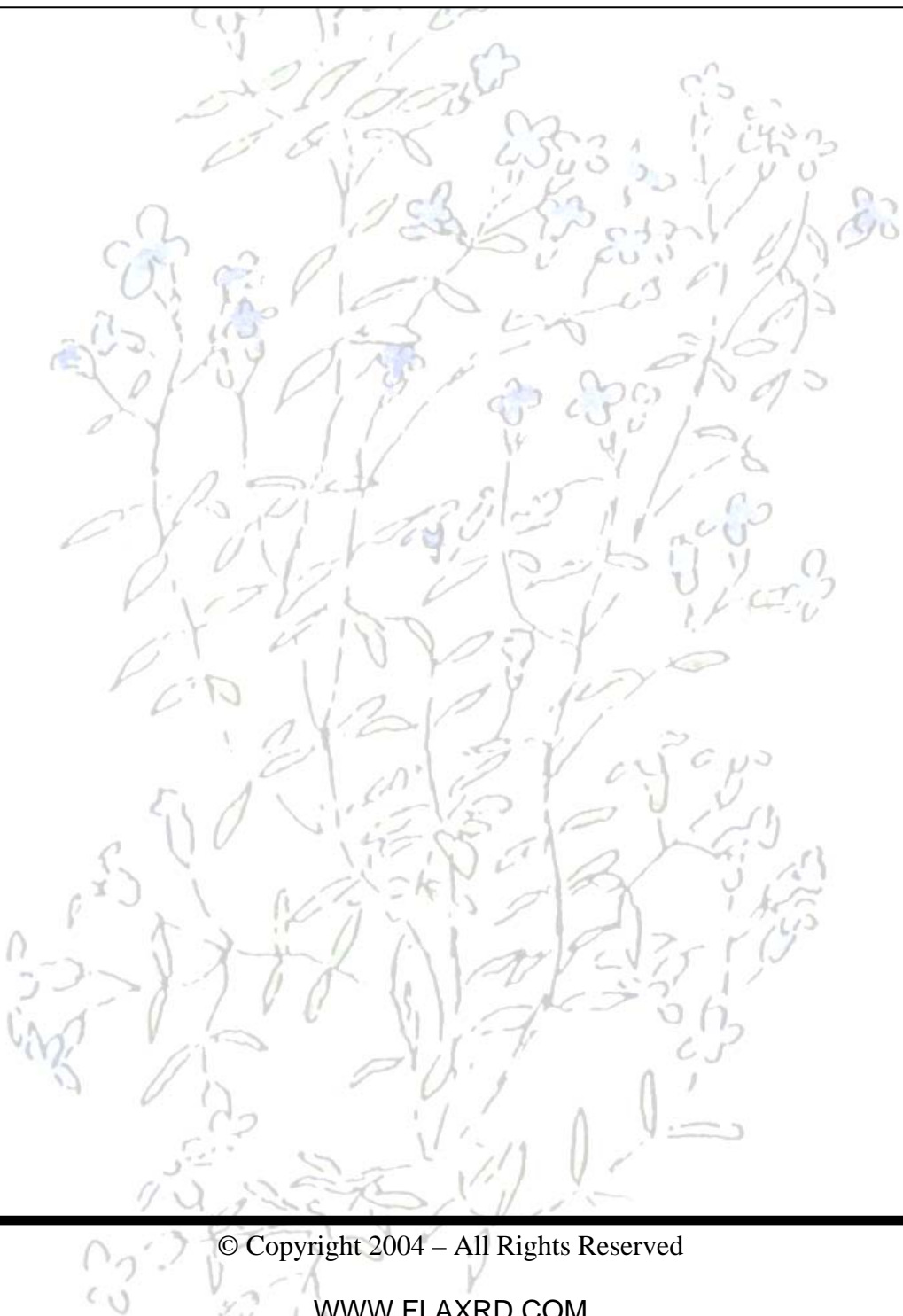
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### Nutrition Information Per Serving

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Calories 241	Fat 15 g	Fiber 2 g
Carbohydrates 8 g	Omega-3 Fats 1368 mg	Calcium 58 mg
Protein 19 g	Cholesterol 129 mg	Sodium 389 mg

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