

Rich Norwegian Meatballs

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens*

Servings: 72

*1 1/2 cups soft bread crumbs
1/2 cup half-and-half OR light cream
1/4 cup strong coffee
2 eggs, lightly beaten
1 medium onion, finely chopped
1/4 cup finely snipped fresh parsley
1 teaspoon salt
1 teaspoon freshly grated nutmeg
1/4 teaspoon black pepper
1 pound lean ground beef
1/2 pound uncooked ground turkey breast and/or ground pork
1/4 cup butter
1/4 cup all-purpose flour
1 cup beef broth
1 cup strong coffee
1 teaspoon freshly grated nutmeg
1/2 teaspoon salt*

Preparation Time: 40 minutes

Cook Time: 24 minutes

In a large bowl, combine the bread crumbs, half-and-half and the 1/4 cup of coffee. Let stand until the mixture is evenly moist. Add the eggs, onion, parsley, the one teaspoon of salt, one teaspoon of the nutmeg and the pepper. Add the beef and turkey. Mix well. Cover and chill for two hours. With moistened hands, shape the mixture into 72 meatballs.

In a very large skillet, melt two tablespoons of the butter over medium heat. Cook half of the meatballs in hot butter for about 12 minutes or until done (an instant-read thermometer reads 165 degrees), carefully turning to brown evenly. With a slotted spoon, remove the meatballs from the skillet. Add the remaining butter to the skillet and repeat with the remaining meatballs. Remove the meatballs from the skillet.

Stir the flour into the pan drippings until smooth. Add the broth, the one cup of coffee, one teaspoon of nutmeg and the 1/2 teaspoon of salt. Cook and stir over medium heat until thickened and bubbly.

Return all of the meatballs to the skillet. Heat through, gently stirring occasionally.

Per Serving (excluding unknown items): 30 Calories; 2g Fat (64.9% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 80mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	30	Vitamin B6 (mg):	trace
% Calories from Fat:	64.9%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	13.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	3mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	12mg	% Refused:	0.0%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	80mg	Vegetable:	0
Potassium (mg):	27mg	Fruit:	0
Calcium (mg):	3mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	31IU		
Vitamin A (r.e.):	8RE		

Nutrition Facts

Servings per Recipe: 72

Amount Per Serving

Calories 30 **Calories from Fat:** 19

% Daily Values*

Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 12mg	4%
Sodium 80mg	3%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein 2g	
Vitamin A	1%
Vitamin C	0%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.