Swedish Meatballs with Noodles

Servings: 6

1 large egg
1 1/4 cups milk, divided
1/2 cup onion, finely chopped
3/4 cup soft bread crumbs
1/4 cup fresh parsley, chopped
3/4 teaspoon black pepper, divided
1/2 teaspoon ground allspice or nutmeg
1/2 teaspoon salt, divided
8 ounces ground beef
8 ounces ground pork
1 tablespoon butter
1 tablespoon all-purpose flour
1 carton (8 ounce) sour cream
1 tablespoon fresh dill, chopped
3 cups hot cooked wide egg noodles
chopped fresh parsley (for garnish)

Beef

Preparation Time: 25 minutes
Cook Time: 25 minutes

In a large bowl, combine the egg and 1/4 cup of milk. Stir in the onion, bread crumbs, parsley, 1/2 teaspoon of pepper, allspice and salt. Add the beef and pork. Mix well. Shape into thirty meatballs.

In a twelve-inch skillet over medium heat, cook half of the meatballs at a time in hot butter for about 10 minutes or until the meatballs are cooked through (160 degrees), carefully turning with a slotted spoon to brown evenly.

Remove the meatballs from the skillet, reserving the drippings. Drain the meatballs on paper towels. Measure one tablespoon of the drippings. (If necessary, add cooking oil to make the one tablespoon.) Return one tablespoon of drippings to the skillet.

Stir the flour, 1/4 teaspoon of black pepper, and 1/4 teaspoon of salt into the drippings. Gradually stir in one cup of milk. Cook and stir over medium heat until slightly thickened and bubbly. Cook and stir for 1 minute more. Stir in the sour cream and dill. Return the meatballs to the skillet. Heat through.

Serve the meatballs and the sauce over hot cooked egg noodles. Sprinkle with parsley.

HOW TO FORM PERFECT MEATBALLS EVERY TIME.

1   Press the meat into a rectangle on parchment paper.

2   Cut the meat into even squares using a sharp paring knife.

3   Roll each square individually by hand.

4   Season the meatballs according to recipe directions.

Making meatballs is easy. Use a wooden spoon to stir the ingredients together and a cookie scoop to shape them. Done this way, they are slightly flat on one side but you can round them by rolling them between your cupped palms.

The secret to great flavor is making sure that the meatballs are well-browned on the outside. That means adding them to the pan and leaving them alone for 3 minutes. Check one meatball; if it is a nice walnut brown, turn them. If not, wait another 2 minutes. To tell when large meatballs are done, use an instant-read thermometer to make sure that they reach 160 degrees (beef, pork, veal and lamb) or 165 degrees (chicken and turkey). Smaller meatballs are done when the time is up.

Per Serving (excluding unknown items): 386 Calories; 31g Fat (72.1% calories from fat); 17g Protein; 9g Carbohydrate; 1g Dietary Fiber; 124mg Cholesterol; 333mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 5 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	386	**Vitamin B6 (mg):**	.3mg
% Calories from Fat:	72.1%	**Vitamin B12 (mcg):**	1.7mcg
% Calories from Carbohydrates:	9.7%	**Thiamin B1 (mg):**	.4mg
% Calories from Protein:	18.2%	**Riboflavin B2 (mg):**	.4mg
Total Fat (g):	31g	**Folacin (mcg):**	26mcg
Saturated Fat (g):	15g	**Niacin (mg):**	4mg
Monounsaturated Fat (g):	12g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	2g	**Alcohol (kcal):**	0
Cholesterol (mg):	124mg	% Refuse:	0.0%
Carbohydrate (g):	9g		
Dietary Fiber (g):	1g		
Protein (g):	17g		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	5
Other Carbohydrates:	0

Remaining Per Serving values:

Sodium (mg):	333mg
Potassium (mg):	385mg
Calcium (mg):	133mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	620IU
Vitamin A (r.e.):	154RE

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 386   Calories from Fat: 278

	% Daily Values*
Total Fat 31g	47%
Saturated Fat 15g	73%
Cholesterol 124mg	41%
Sodium 333mg	14%
Total Carbohydrates 9g	3%
Dietary Fiber 1g	2%
Protein 17g	

Vitamin A	12%
Vitamin C	9%
Calcium	13%
Iron	9%

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