NORDIC · DINNER

Swedish Meatballs in Cream Sauce (No Breadcrumbs)

30 min · Serves 4 · 491 kcal a serve · Video 7:23 · My Keto Kitchen

Gluten-free ingredients

Beef meatballs bound with almond flour and egg instead of breadcrumbs, in a butter and cream gravy: about 26 g protein and 4 g net carbs a serve, and rich in vitamin B12 and zinc.

Diet notes: Keto (4.2 g net carbs a serve).

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Ingredients 16 · SERVES 4

- [ ] 450 g **ground beef**
- [ ] 1 small **onion**, diced
- [ ] 2 cloves **garlic**, finely chopped
- [ ] 25 g **almond flour**
- [ ] 1 large **egg**
- [ ] 1½ tsp **salt** (1 tsp for the meatballs, 1/2 tsp for the sauce)
- [ ] 3/4 tsp **ground black pepper** (1/2 tsp for the meatballs, 1/4 tsp for the sauce)
- [ ] 1/4 tsp **ground allspice**
- [ ] 2 tbsp **olive oil**
- [ ] 1 tbsp **salted butter**
- [ ] 240 ml **beef stock**
- [ ] 120 ml **heavy cream**
- [ ] 1 tsp **mustard powder**
- [ ] 1/2 tsp **ground nutmeg**
- [ ] 1/2 tsp **xanthan gum**
- [ ] 1 tbsp chopped **fresh parsley**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the beef, onion, garlic, almond flour, egg, 1 tsp salt, 1/2 tsp pepper and the allspice until evenly combined. 0:05
2. Roll into balls of about 2 tablespoons each (about 24). 1:13
3. Heat the olive oil in a cast-iron skillet over high heat and brown the meatballs in small batches, turning until cooked through. Set aside, leaving the browned bits in the pan. 1:45
4. Melt the butter in the pan, then whisk in the stock, cream, mustard powder, nutmeg and the remaining salt and pepper. 2:48
5. Bring to a simmer, whisk in the xanthan gum and simmer 8–12 minutes until thickened. 4:45
6. Return the meatballs to the sauce for about 3 minutes to heat through, then scatter with parsley. 6:12

> **Tip** The cook suggests cauliflower mash alongside. Leftovers keep 3 days in the fridge or 3 months in the freezer (with or without the sauce); reheat gently so the sauce doesn't split.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
491 kcal	26 g	5.9 g
2,050 kJ	53% of a day	4.2 g net · 2.3 g sugars
		2% of a day

FIBRE	FAT	SODIUM
1.7 g	40 g	1,120 mg
6% of a day	16 g saturated	49% of a day
	52% of a day	

Energy from net carbs 3% · protein 22% · fat 75% — fits keto: 4.2 g net carbs, 75% of the energy from fat

High in (20%+ of a day) Vitamin B12 104% · Zinc 53% · Selenium 44% · Vitamin E 23% · Vitamin B6 23% · Vitamin K 20%

Source of (10–19%) Vitamin A 19% · Iron 17% · Omega-3 14% · Magnesium 11% · Potassium 10%

Recipe and video: My Keto Kitchen (@MyKetoKitchen) on YouTube — youtube.com/watch?v=K5VTQWG5PQY, published 28 December 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-swedish-meatballs-cream-sauce