



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Supported by

JPMorganChase

Danish Meatballs

Inspired by a family's Swedish and Danish traditions, this lighter take on classic frikadeller uses lean pork, lean beef, and nonfat milk while keeping the warm traditional flavors of nutmeg, allspice, and cloves.

Servings: 6 | Serving size: 3 to 4 meatballs



NUTRITION NOTES

- Bold and aromatic, **cloves** provide a hint of sweet spice that complements the savory meat blend.
- Fine and versatile, **white flour** helps create structure and gives the meatballs a delicate coating.
- Lean and hearty, **extra-lean ground beef** creates a flavorful protein-packed base with a satisfying texture.
- Savory and tender, **lean ground pork** adds richness and classic traditional flavor to the meatballs.

Danish Meatballs

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INGREDIENTS

- 1 cup dry bread crumbs
- 1/4 cup white flour
- 1 cup nonfat (skim) milk
- 1 1/2 pounds extra-lean ground beef
- 2 eggs
- 1/2 teaspoon salt
- 1/2 pound lean ground pork
- 1/2 teaspoon nutmeg
- 1 tablespoon butter
- 1/2 teaspoon allspice
- 1/4 teaspoon cloves

INSTRUCTIONS

1. In the bowl of an electric mixer, combine bread crumbs and milk. Let this mixture stand for 10 minutes.
2. Add eggs, salt, nutmeg, allspice, cloves and flour. Beat for 2 minutes on medium speed. Add beef and pork; beat on low speed just until combined. Do not overmix.
3. Using a portion scoop, shape the mixture into meatballs.
4. Melt butter in a heavy skillet over medium heat. Place the meatballs in the skillet and flatten slightly. Cook 8 to 10 minutes until the meatballs are browned on both sides and are no longer pink in the middle. You can finish cooking meatballs in the oven, to reach an internal temperature of 155 degrees if you feel like you are unable to achieve the doneness in the skillet, and/or for batch cooking.
5. Serve with red cabbage, new boiled potatoes, or mashed potatoes.
6. Serve chicken with salad and/or mixed vegetables.

Nutrition Profile: High-Protein | Lean | Comfort Food-Inspired | Lower-Fat | Protein-Packed | Warmly Spiced | Traditional | Savory | Balanced | Hearty

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 6 | Calories: 330

Total Fat: 17g

Saturated Fat: 7g

Cholesterol: 110mg

Sodium: 660mg

Total Carbohydrate: 15g

Dietary Fiber: <1g

Protein: 27g

**Nutrition information provided directly by [eatright.org](https://www.eatright.org) and reflects values listed at the time of publication. Recipe sourced from: [eatright.org](https://www.eatright.org)*