



## Air-Fryer Swedish Meatballs



1/2 of recipe (4 meatballs with sauce): 283 calories, 8g total fat (4g sat. fat), 680mg sodium, 18.5g carbs, 2g fiber, 5g sugars, 30.5g protein

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**Prep:** 15 minutes    **Cook:** 15 minutes



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### Ingredients

#### Meatballs

8 oz. raw extra-lean ground beef (at least 95% lean)  
1/4 cup panko bread crumbs  
1/4 cup finely chopped onion  
3 tbsp. (about 1 large) egg or liquid egg substitute  
1/4 tsp. garlic powder  
1/8 tsp. salt  
1/8 tsp. black pepper  
1 dash nutmeg

#### Sauce

1 cup reduced-sodium chicken broth  
1 tbsp. whole-wheat flour  
1 1/2 tsp. Dijon mustard  
1 1/2 tsp. white wine vinegar  
1 cup sliced mushrooms  
1/2 cup chopped onion  
2 tbsp. whipped cream cheese

Serving suggestions: spiralized zucchini and/or whole grain spaghetti, mashed potatoes and/or cauliflower

### Directions

In a large bowl, combine all meatball ingredients. Mix thoroughly. Firmly form into 8 meatballs.

Spray an air fryer with non-aerosol nonstick spray. Place meatballs in the air fryer.

Set air fryer to 390°F. Cook until meatballs are cooked through, about 10 minutes.

Meanwhile, make the sauce. In a medium bowl, combine broth, flour, mustard, and vinegar. Whisk until uniform. Bring a large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms and onion. Cook and stir until mostly softened, about 4 minutes. Carefully add broth mixture and cream cheese to the skillet. Cook and stir until veggies have softened, cream cheese has melted, and mixture is uniform, about 5 minutes.

Reduce heat to low. Carefully transfer cooked meatballs to the skillet, coating them in the sauce. Cook and stir until well coated, about 2 minutes.

**MAKES 2 SERVINGS**

**Oven Alternative:** Bake meatballs at 350°F until cooked through, about 20 minutes, flipping halfway through.

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