

SWEDISH MEATBALLS (GROUND TURKEY)

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	11 g	19 g	7 g	70 mg	917 mg	48 mg

Ingredient

Weight

Measure

Issue

BREAD,WHITE,SLICED	2 lbs	1 gal 2-1/2 qts	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
WATER,WARM	2 lbs	3-3/4 cup	
EGGS,WHOLE,FROZEN	10-3/4 oz	1-1/4 cup	
SALT	1-1/4 oz	2 tbsp	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
ALLSPICE,GROUND	1/8 oz	1/4 tsp	
TURKEY,GROUND,90% LEAN,RAW	20 lbs		
ONIONS,FRESH,CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
CHICKEN BROTH		2 gal 1-3/4 qts	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
WATER	2-5/8 lbs	1 qts 1 cup	
NUTMEG,GROUND	1/4 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
PAPRIKA,GROUND	1/4 oz	1 tbsp	

Method

- 1 Place bread in mixer bowl; mix at medium speed 5 minutes or until crumbs are formed.
- 2 Reconstitute milk.
- 3 Blend in egg substitute, salt, nutmeg, pepper and allspice. Pour over bread; mix at low speed 1/2 minute; let stand 10 minutes.
- 4 Add turkey and onions to bread mixture. Mix at low speed 1 minute. Do not overmix.
- 5 Shape into balls weighing 1-1/3 ounces each; place 100 meatballs on each sheet pan.
- 6 Using a convection oven, bake 8-10 minutes at 350 F. on high fan, closed vent or until browned and done. Remove meatballs to steam table pans. Set aside for use in Step 10.
- 7 Prepare stock according to package directions.
- 8 Combine flour and water, stirring until smooth; add to stock, bring to a boil; reduce heat; simmer 10 minutes or until thickened, stirring constantly.
- 9 Add nutmeg, pepper, and garlic powder; stir well.
- 10 Pour 3-1/2 quarts gravy over meatballs in each pan.
- 11 Using a convection oven, bake at 350 F. 15 minutes or until heated thoroughly on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 12 Sprinkle each pan with 1 teaspoon paprika before serving. CCP: Hold for service at 140 F. or higher.