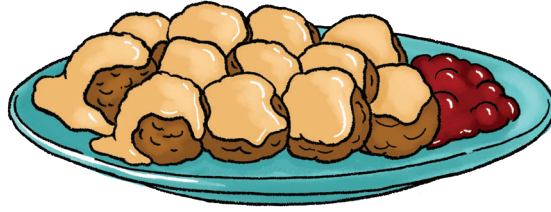




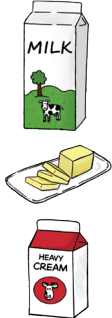



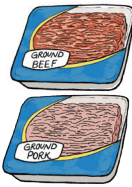



Dietary Modifications for:

Swedish Meatballs



radish

| Diet | | Ingredient | Swap |
|--|--|---|--|
|  Gluten-Free | |  | <p>Use gluten-free panko, such as Jan's or Kikkoman.</p> <p>Use gluten-free flour, such as Bob's Red Mill or King Arthur Flour.</p> |
|  Vegan |  Dairy-Free |  | <p>For vegan modification, omit milk (see vegetarian modification below). For dairy-free modification, use dairy-free milk, such as almond, cashew, soy, or pea protein.</p> <p>Use dairy-free butter, such as Earth Balance or Melt.</p> <p>Use dairy-free milk, such as almond, cashew, soy, or pea protein.</p> |
| |  Egg-Free |  | <p>Replace with an egg replacer, such as Bob's Red Mill Egg Replacer.</p> |
| |  Vegetarian |  | <p>Prepare vegan meatballs using the adjustments below:</p> <ul style="list-style-type: none"> • Step 2: Use 2 egg replacers. • Step 3: Omit milk, decrease salt to ½ tsp, increase bread crumbs to 1 cup, and add ½ cup quick-cooking oats. • Step 4: Replace meat with 24 oz sautéed mushrooms. • Step 5: Add ingredients to a food processor and pulse until finely minced. |
| | |  | <p>Use vegetable broth.</p> |