



Baked Kibbeh

READY IN



120 min.

SERVINGS



6

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 6.5 oz bulgur fine
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 teaspoon ground allspice
- ☐ 1 lb ground lamb lean (not)
- ☐ 2.5 tablespoons olive oil
- ☐ 1 medium onion coarsely chopped
- ☐ 0.3 cup pinenuts toasted for garnish, all
- ☐ 1 teaspoon salt

☐ 6 servings yogurt plain

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ oven

☐ knife

☐ sieve

☐ broiler

Directions

☐ Cook onion in oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until golden, 8 to 10 minutes.

☐ Add lamb, allspice, salt, cinnamon, and pepper and cook, stirring and breaking up lumps, until lamb is no longer pink, about 5 minutes.

☐ Remove from heat and stir in 1/3 cup pine nuts.

☐ Preheat oven to 400°F.

☐ Cover bulgur by 1 inch with cold water in a bowl. When dust and chaff rise to surface, pour off water, then repeat rinsing 2 more times. Cover rinsed bulgur with cold water by 1 inch and let stand 10 minutes.

☐ Drain in a fine-mesh sieve, pressing hard on bulgur to remove excess liquid, and transfer to a large bowl.

☐ Pulse onion in a food processor until finely chopped.

☐ Add lamb, allspice, salt, cinnamon, and pepper and pulse until onion is finely minced (meat will look smooth).

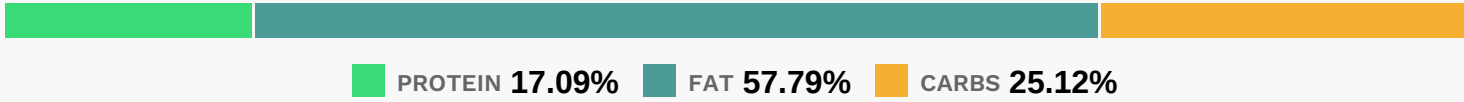
☐ Add to bulgur and mix with your hands to combine well.

☐ Lightly grease pie plate with 1/2 tablespoon olive oil. Press half of bulgur mixture evenly onto bottom and up side of plate (up 1 inch if using skillet). Spoon filling evenly over bulgur mixture. Spoon remaining bulgur mixture over filling and spread to cover, smoothing top.

☐ Brush top with remaining olive oil and score in a crosshatch pattern with a paring knife.

- ☐ Bake kibbeh in middle of oven until cooked through, 35 to 40 minutes.
- ☐ Preheat broiler. Broil kibbeh 5 to 7 inches from heat until top is golden brown and crusty, 3 to 5 minutes.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:8.75, Inflammation Score:-3, Nutrition Score:10.373478127805%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 409.5kcal (20.48%), Fat: 27.12g (41.72%), Saturated Fat: 8.79g (54.92%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 20.11g (7.31%), Sugar: 1.22g (1.36%), Cholesterol: 55.32mg (18.44%), Sodium: 452.78mg (19.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.04g (36.08%), Manganese: 1.68mg (84.06%), Fiber: 6.41g (25.65%), Magnesium: 71.99mg (18%), Phosphorus: 142.27mg (14.23%), Iron: 2.36mg (13.14%), Copper: 0.21mg (10.7%), Vitamin E: 1.57mg (10.45%), Vitamin B3: 1.94mg (9.68%), Vitamin K: 8.54µg (8.13%), Zinc: 1.12mg (7.49%), Vitamin B1: 0.11mg (7.19%), Vitamin B6: 0.14mg (6.79%), Potassium: 205.56mg (5.87%), Vitamin B5: 0.37mg (3.74%), Folate: 14.55µg (3.64%), Vitamin B2: 0.06mg (3.49%), Calcium: 29.09mg (2.91%), Vitamin C: 1.56mg (1.89%), Selenium: 0.9µg (1.28%)