



## Cook the Book: Lamb Kofta



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

## Ingredients

- ☐ 1 teaspoon coarse salt
- ☐ 1 large eggs
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pound lamb
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon paprika

☐ 0.3 cup pinenuts toasted chopped

## Equipment

☐ bowl

☐ frying pan

☐ paper towels

☐ wooden spoon

## Directions

☐ In a large bowl, combine all the ingredients except the oil and yogurt sauce.

☐ Mix thoroughly with your hands or a wooden spoon. Form the mixture into 1 1/2-inch balls, and flatten the balls into ovals or football shapes, about 1/4 inch thick.

☐ In a large nonstick skillet, heat 1/2 tablespoon of the oil over medium-high heat.

☐ Add half the lamb patties. Cook until the first side is golden brown, about 3 minutes; flip the patties, and cook 2 minutes more.

☐ Transfer to a paper-towel-lined plate.

☐ Wipe the skillet with a paper towel; heat the remaining 1/2 tablespoon oil. Repeat the process with the remaining lamb patties.

☐ Serve warm or at room temperature with yogurt sauce on the side.

☐ Spice

☐ Mixture

☐ - makes 1/4 cup -

☐ 1/2 teaspoons ground coriander

☐ teaspoons ground cumin

☐ 1/2 teaspoons ground nutmeg

☐ teaspoon ground cinnamon

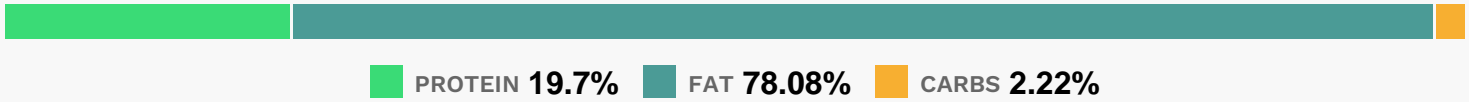
☐ /2 teaspoon ground cloves

☐ /2 teaspoon cayenne pepper

☐ Mix the spices together in a small bowl or container. Store, tightly sealed, at room temperature up to 3 months.

- ☐ Yogurt Mint Sauce
- ☐ - makes 1 cup -
- ☐ ounces plain whole-milk yogurt, preferably Greek-style
- ☐ tablespoons finely chopped fresh mint
- ☐ 1/2 teaspoons fresh lemon juice
- ☐ small garlic clove, minced
- ☐ Combine all ingredients in a small bowl, and stir well to combine. Sauce can be made up to 1 day ahead; store in an airtight container in the refrigerator.
- ☐ Serve chilled or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:14.095217471537%

## Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 299.3kcal (14.96%), Fat: 26.03g (40.04%), Saturated Fat: 8.67g (54.16%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.37g (0.41%), Cholesterol: 86.19mg (28.73%), Sodium: 446.4mg (19.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.78g (29.56%), Vitamin K: 63.16µg (60.15%), Manganese: 0.71mg (35.57%), Vitamin B12: 1.82µg (30.34%), Vitamin B3: 4.92mg (24.61%), Selenium: 16.92µg (24.17%), Zinc: 3.23mg (21.52%), Phosphorus: 182.11mg (18.21%), Vitamin B2: 0.22mg (13.05%), Iron: 2.04mg (11.34%), Vitamin A: 492.45IU (9.85%), Copper: 0.19mg (9.54%), Magnesium: 38.15mg (9.54%), Vitamin E: 1.4mg (9.33%), Vitamin B1: 0.12mg (7.92%), Potassium: 252.64mg (7.22%), Vitamin B6: 0.14mg (6.8%), Vitamin B5: 0.67mg (6.68%), Folate: 25.32µg (6.33%), Vitamin C: 4.66mg (5.64%), Calcium: 25.33mg (2.53%), Fiber: 0.56g (2.23%), Vitamin D: 0.24µg (1.62%)