



Gil Marks' Keftes de Prassa

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

SIDE DISH

Ingredients

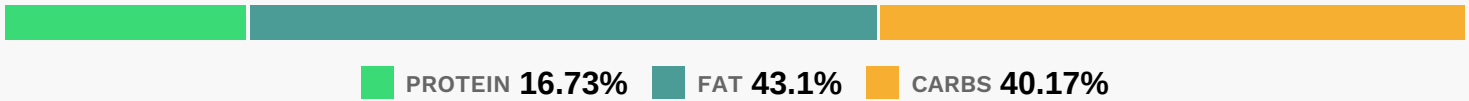
- ☐ 0.5 cup breadcrumbs for passover (if needed – use matzo meal if making)
- ☐ 2 large eggs lightly beaten
- ☐ 2 cloves garlic mashed
- ☐ 2 lbs leek white green (6–10 medium, and parts only)
- ☐ 0.3 tsp pepper to taste
- ☐ 1 cup lamb mashed
- ☐ 1 tsp salt
- ☐ 1 tbsp vegetable oil

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Gil Marks' Keftes de Prassa
- ☐ Ingredients2 lbs leeks (6–10 medium sized, white and green parts only)1 cup mashed potatoes or 1 lb. ground lamb or 1/3 cup ground walnuts1/2 cup matzo meal or bread crumbs (or more if needed – use matzo meal if making for Passover)2 large eggs, lightly beaten1 tbsp olive or vegetable oil2 to 4 cloves garlic, mashed1 tsp salt1/4 tsp pepper, or more to taste1/4 to 1/2 tsp ground nutmeg, chili flakes, or cayenne (optional)Lemon wedges (optional)
- ☐ Total Time: 45 Minutes
- ☐ Servings: 12–14 patties
- ☐ Kosher Key: Pareve or Meat

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:3.05, Inflammation Score:-7, Nutrition Score:10.213912963867%

Flavonoids

Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 139.55kcal (6.98%), Fat: 6.78g (10.44%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 12.64g (4.6%), Sugar: 3.26g (3.63%), Cholesterol: 44.69mg (14.9%), Sodium: 264.84mg (11.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.85%), Vitamin K: 38.69µg (36.85%), Vitamin A: 1305.5IU (26.11%), Manganese: 0.43mg (21.25%), Folate: 60.51µg (15.13%), Iron: 2.26mg (12.53%), Selenium: 8.05µg (11.5%), Vitamin B6: 0.23mg (11.32%), Vitamin C: 9.23mg (11.19%), Vitamin B12: 0.52µg (8.72%), Vitamin B3: 1.73mg (8.64%), Phosphorus: 80.65mg (8.07%), Vitamin B1: 0.11mg (7.59%), Magnesium: 28.24mg (7.06%), Vitamin B2: 0.12mg (6.99%), Copper: 0.13mg (6.47%), Fiber: 1.58g (6.34%), Calcium: 61.71mg (6.17%), Vitamin E: 0.92mg (6.12%),

Zinc: 0.91mg (6.06%), Potassium: 200.62mg (5.73%), Vitamin B5: 0.38mg (3.84%), Vitamin D: 0.19µg (1.24%)