



Kafta (BBQ)

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 teaspoon ground pepper
- 0.5 cup parsley fresh finely chopped
- 0.3 teaspoon ground allspice
- 1.5 pounds ground beef lean
- 1 medium onion grated
- 1 teaspoon salt to taste

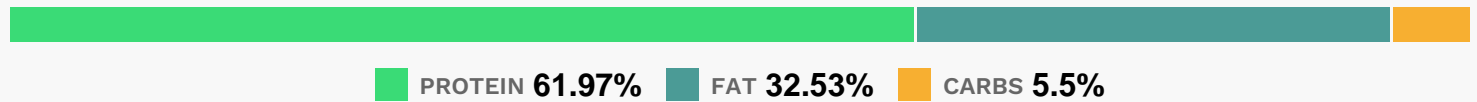
Equipment

- bowl
- grill
- skewers
- wooden skewers

Directions

- Preheat an outdoor grill for high heat. If using wooden skewers, soak in water.
- In a large bowl, mix together the ground beef, onion, parsley, cayenne, allspice, salt and pepper until evenly blended. Divide into 6 portions, and press around one end of the skewers to form a log shape approximately 1 inch thick and 6 inches long.
- Grill for 10 to 15 minutes, turning occasionally, until meat is no longer pink.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:15.937391343324%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 165.18kcal (8.26%), Fat: 5.75g (8.85%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.83g (0.92%), Cholesterol: 70.31mg (23.44%), Sodium: 466.06mg (20.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.65g (49.3%), Vitamin K: 82.62µg (78.68%), Vitamin B12: 2.54µg (42.34%), Zinc: 5.86mg (39.08%), Vitamin B3: 6.33mg (31.64%), Selenium: 19.84µg (28.35%), Vitamin B6: 0.47mg (23.67%), Phosphorus: 233.21mg (23.32%), Iron: 3.07mg (17.06%), Potassium: 450.56mg (12.87%), Vitamin B2: 0.19mg (11.38%), Vitamin C: 8.1mg (9.82%), Vitamin A: 457.15IU (9.14%), Vitamin B5: 0.77mg (7.72%), Magnesium: 29.67mg (7.42%), Copper: 0.1mg (5.2%), Folate: 16.89µg (4.22%), Vitamin B1: 0.06mg (3.98%), Manganese: 0.06mg (2.94%), Vitamin E: 0.38mg (2.56%), Calcium: 22.61mg (2.26%), Fiber: 0.54g (2.15%)