



 **19%**
HEALTH SCORE

Lebanese Kibbeh

READY IN



45 min.

SERVINGS



6

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup bulgur
- 1 pound lamb loins lean finely minced (or beef)
- 1 large onion grated
- 1 tablespoon butter melted
- 6 servings pepper fresh black to taste
- 1 mint leaves for garnish
- 2 tablespoons cooking oil
- 1 onion finely chopped
- 8 ounces lamb minced

- 0.5 cup pinenuts
- 0.5 teaspoon ground allspice
- 2.5 cups greek yogurt
- 3 Cloves garlic crushed
- 1 tablespoon mint leaves fresh chopped

Equipment

- bowl
- frying pan
- oven
- sieve
- baking pan

Directions

- Preheat the oven to 375F degrees. Rinse the bulgur wheat in a sieve and squeeze out the excess moisture.
- Mix the lamb, onion and seasoning, kneading the mixture to make a thick paste.
- Add the bulgur wheat and blend together.
- To make the filling, heat the oil in a frying pan and fry the onion until golden.
- Add the lamb or veal and cook, stirring, until evenly browned and then add the pine nuts, allspice and salt and pepper.
- Oil a large baking dish and spread half of the meat and bulgur wheat mixture over the bottom. Spoon over the filling and top with a second layer of meat and bulgur wheat, pressing down firmly with the back of a spoon.
- Pour the melted butter over the top and then bake on the oven for 40-45 minutes until browned on top.
- Meanwhile make the yogurt dip: Blend together the yogurt and garlic, spoon into a serving bowl and sprinkle with the chopped mint.
- Cut the cooked kibbeh into squares or rectangles and serve garnished with mint and accompanied by rice and the yogurt dip. NOTES The national dish of Syria and the Lebanon is Kibbeh, as kind of meatball made from minced lamb and bulgur wheat. Raw kibbeh is the most

widely eaten type, but this version is very popular too.

Nutrition Facts

PROTEIN 21.49% **FAT 63.16%** **CARBS 15.35%**

Properties

Glycemic Index:38, Glycemic Load:5.79, Inflammation Score:-6, Nutrition Score:23.232173913043%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg

Nutrients (% of daily need)

Calories: 585.12kcal (29.26%), Fat: 41.42g (63.72%), Saturated Fat: 13.81g (86.3%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 18.13g (6.59%), Sugar: 5.06g (5.62%), Cholesterol: 91.96mg (30.65%), Sodium: 117.55mg (5.11%), Protein: 31.7g (63.41%), Manganese: 1.66mg (83.15%), Vitamin B12: 3.21µg (53.45%), Selenium: 30.51µg (43.59%), Phosphorus: 425.05mg (42.51%), Vitamin B3: 8.41mg (42.04%), Zinc: 5.48mg (36.53%), Vitamin B2: 0.54mg (31.47%), Magnesium: 95.87mg (23.97%), Copper: 0.36mg (18.14%), Fiber: 4.53g (18.11%), Vitamin B6: 0.34mg (17.19%), Iron: 3.06mg (16.99%), Potassium: 586.76mg (16.76%), Vitamin B1: 0.25mg (16.58%), Vitamin E: 2.18mg (14.51%), Vitamin K: 14.33µg (13.65%), Calcium: 135.79mg (13.58%), Vitamin B5: 1.3mg (13.01%), Folate: 44.36µg (11.09%), Vitamin C: 4.15mg (5.03%), Vitamin A: 111.41IU (2.23%)