



Middle Eastern Kibbeh

 Dairy Free

READY IN



32 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup coarse bulgur
- ☐ 1 cup mint leaves fresh
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 pounds lamb lean
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped

☐ 1 teaspoon salt

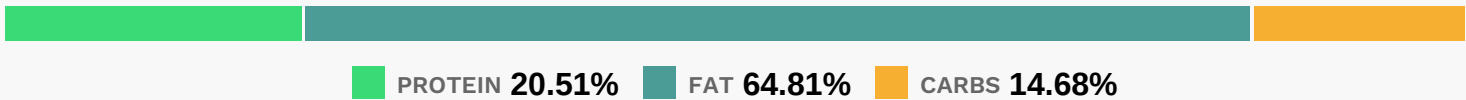
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Place bulgur in a microwave-safe bowl and cover with water just to the top of the bulgur.
- ☐ Place in the microwave and cook on High 1 to 2 minutes until bulgur is swollen and the water is absorbed. Toss briefly and allow to stand until cool.
- ☐ Place the mint leaves in the bowl of a food processor. Process, gradually adding onion through the feed tube, until both mint and onion are finely chopped. Stir the mint-onion mixture into the bulgur, with the cumin, allspice, salt, and pepper. Stir the bulgur mixture into the ground lamb and mix thoroughly. Using damp hands, shape the lamb mixture into small, palm-sized patties.
- ☐ Place the olive oil in a skillet and heat over medium heat.
- ☐ Add the kibbeh patties and cook until outside is golden brown and center is cooked through, turning once, about 6 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:2.39, Inflammation Score:-2, Nutrition Score:3.0834782538207%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

2.54mg

Nutrients (% of daily need)

Calories: 211.02kcal (10.55%), Fat: 15.45g (23.77%), Saturated Fat: 6.15g (38.45%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 5.86g (2.13%), Sugar: 0.57g (0.63%), Cholesterol: 41.39mg (13.8%), Sodium: 240.93mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11g (22%), Manganese: 0.32mg (15.94%), Fiber: 2.01g (8.04%), Iron: 1.36mg (7.55%), Magnesium: 17.99mg (4.5%), Vitamin E: 0.52mg (3.45%), Vitamin A: 163.72IU (3.27%), Phosphorus: 30.85mg (3.08%), Vitamin C: 2.2mg (2.66%), Vitamin B3: 0.49mg (2.45%), Vitamin B6: 0.05mg (2.39%), Copper: 0.05mg (2.34%), Vitamin K: 2.45µg (2.33%), Calcium: 22.99mg (2.3%), Potassium: 77.38mg (2.21%), Folate: 8.84µg (2.21%), Vitamin B1: 0.03mg (1.88%), Zinc: 0.22mg (1.49%), Vitamin B2: 0.02mg (1.36%), Vitamin B5: 0.11mg (1.1%)