



## Romanian Grilled Minced Meat Rolls

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1159 kcal

### Ingredients

- 0.3 teaspoon baking soda
- 2 tablespoons beef broth
- 0.5 teaspoon caraway seeds
- 3 cloves garlic minced
- 2 pounds ground beef
- 1 teaspoon ground juniper berries finely
- 4 servings salt and pepper to taste
- 8 ounces suet chopped
- 3 tablespoons vegetable oil

2 tablespoons water

## Equipment

bowl

grill

## Directions

In a medium bowl, mix together the ground beef, suet, baking soda, caraway seeds, garlic, salt, pepper and juniper berries using your hands.

Mix with your hands for about 15 minutes, adding a little bit of the water at a time. This part can be made a few hours ahead of time if you like.

Preheat a grill for high heat. With wet hands form the meat into rolls about 3 inches long and 1 inch thick.

Brush lightly with oil.

Grill the meat for 5 to 10 minutes, basting frequently with a mixture of beef broth and any remaining oil, until well done.

## Nutrition Facts

 **PROTEIN 13.98%**  **FAT 85.57%**  **CARBS 0.45%**

## Properties

Glycemic Index:7.5, Glycemic Load:0.21, Inflammation Score:1, Nutrition Score:20.868695477591%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 1158.79kcal (57.94%), Fat: 109.12g (167.88%), Saturated Fat: 48.62g (303.89%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.14g (0.42%), Sugar: 0.02g (0.03%), Cholesterol: 199.58mg (66.53%), Sodium: 446.42mg (19.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.12g (80.24%), Vitamin B12: 5.01µg (83.53%), Zinc: 9.65mg (64.31%), Selenium: 34.54µg (49.34%), Vitamin B3: 9.82mg (49.08%), Vitamin B6: 0.78mg (38.96%), Phosphorus: 372.67mg (37.27%), Iron: 4.59mg (25.51%), Vitamin K: 24.92µg (23.73%), Vitamin B2: 0.35mg

(20.47%), Potassium: 637.85mg (18.22%), Vitamin E: 2.62mg (17.49%), Vitamin B5: 1.19mg (11.86%), Magnesium: 40.56mg (10.14%), Copper: 0.15mg (7.63%), Vitamin B1: 0.11mg (7.14%), Calcium: 48.54mg (4.85%), Folate: 16.68µg (4.17%), Manganese: 0.07mg (3.27%), Vitamin D: 0.23µg (1.51%)