

Serbian Cevapcici



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



776 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 egg white
- ☐ 4 cloves garlic minced
- ☐ 0.5 pound lamb
- ☐ 2 teaspoons ground pepper black
- ☐ 1.5 pounds ground pork
- ☐ 1 pound ground beef lean

- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon salt

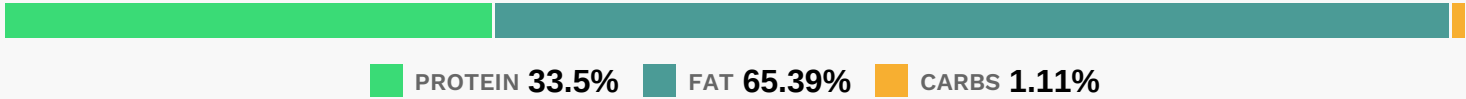
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat a grill for medium-low heat.
- ☐ In a large bowl, combine the ground pork, ground beef, ground lamb and egg white.
- ☐ Add the garlic, salt, baking soda, black pepper, cayenne pepper and paprika.
- ☐ Mix well using your hands, and form into finger length sausages about 3/4 inch thick.
- ☐ Lightly oil the grilling surface. Grill sausages until cooked through, turning as needed, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:33.222608592199%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 775.78kcal (38.79%), Fat: 55.17g (84.87%), Saturated Fat: 21.75g (135.96%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.17g (0.19%), Cholesterol: 234.17mg (78.06%), Sodium: 1072mg (46.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.59g (127.18%), Selenium: 74.27µg (106.1%), Vitamin B1: 1.36mg (90.92%), Vitamin B3: 17.1mg (85.49%), Vitamin B12: 5.05µg (84.12%), Zinc: 11.52mg (76.81%), Phosphorus: 620.76mg (62.08%), Vitamin B6: 1.23mg (61.39%), Vitamin B2: 0.75mg (43.94%), Potassium: 1059.84mg (30.28%), Iron: 5.33mg (29.59%), Vitamin B5: 2.29mg (22.85%), Magnesium: 73.68mg (18.42%), Copper: 0.25mg (12.46%), Manganese: 0.23mg (11.66%), Vitamin A: 348.83IU (6.98%), Folate: 25.59µg (6.4%), Calcium: 55.15mg (5.51%),

Vitamin K: 4.67µg (4.45%), Vitamin E: 0.67mg (4.44%), Vitamin C: 2.51mg (3.04%), Fiber: 0.54g (2.16%), Vitamin D: 0.17µg (1.13%)