

STARTER & SNACK

Triestine Cevapcici

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
77 min	35 min	12 min	36	\$0.52	225 kcal

Triestine Cevapcici could be just the gluten free and dairy free recipe you've been looking for. This hor d'oeuvre has 225 calories, 7g of protein, and 22g of fat per serving. This recipe serves 36 and costs 52 cents per serving.

Ingredients

☐ 2 teaspoons black pepper	☐ 1 egg white
☐ 3 tablespoons chopped fresh parsley	☐ 1 tablespoon minced garlic
☐ 2 pounds ground beef	☐ 1 pound ground pork
☐ 1 pinch freshly grated nutmeg (optional)	☐ 36 servings olive oil for brushing
☐ 1 tablespoon hot paprika (optional)	☐ 1/3 cup red wine
☐ 1 teaspoon seasoned salt	

EQUIPMENT Mixing bowl, Grill

Method

- 1 Place beef, pork, parsley, and garlic in a large mixing bowl. Season with seasoned salt, pepper, paprika, and nutmeg.
- 2 Add egg white and red wine; mix thoroughly until well blended. Cover and refrigerate for 30 minutes to allow flavors to blend.
- 3 Preheat an outdoor grill for medium-high heat and lightly oil grate.

- 4 Roll the meat mixture into sticks about 1 inch thick by 3 inches long, using less than 1/4 cup of the mixture per stick.
- 5 Brush the cevapcici lightly with olive oil.
- 6 Cook on preheated grill until browned on the outside and no longer pink on the inside, about 12 minutes.

Nutrition per serving

225 KCAL	7 g PROTEIN	22 g FAT	0 g CARBS
Saturated Fat			4.9 g · 30% of daily needs
Sugar			0.1 g · 0% of daily needs
Sodium			90.7 mg · 4% of daily needs
Cholesterol			27 mg · 9% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/triestine-cevapcici-148216