



## Ugandan Kabobs

READY IN



30 min.

SERVINGS



16

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups bread crumbs dried
- 0.5 teaspoon coarsely coriander seed crushed
- 3 eggs beaten
- 2 tablespoons ginger root fresh minced
- 4 tablespoons parsley fresh chopped
- 1 cup french-fried onions
- 3 cloves garlic minced
- 2 pounds ground beef
- 0.5 teaspoon ground cumin

- 1 jalapeno minced seeded
- 1 cup yogurt plain
- 0.3 teaspoon salt
- 3 cups vegetable oil for frying
- 3 slices bread whole wheat
- 1 tablespoon worcestershire sauce

## Equipment

- bowl
- frying pan
- paper towels
- mixing bowl
- toothpicks
- slotted spoon

## Directions

- In a mixing bowl, mix together yogurt, salt, small jalapeno pepper, and 3 tablespoons chopped parsley. Set dipping sauce aside.
- Soak bread slices in water for 3 minutes.
- Remove from water, and squeeze out excess moisture. Crumble into a large bowl.
- Mix in eggs and Worcestershire sauce.
- Mix in dried bread crumbs, fried onions, garlic, ginger, ground cumin, crushed coriander seed, 4 tablespoons parsley, and large jalapeno pepper.
- Add ground beef, and work in with your hands until well mixed.
- Roll mixture into balls the size of walnuts.
- Heat 3 cups of oil in a large, deep, heavy bottomed frying pan until piping hot, about 375 degrees F (190 degrees C). Cook meatballs a few at a time in hot oil until brown and crispy, about 3 to 4 minutes. To check for doneness, cut one in half to see if cooked through; it should be cooked in the center.

Remove from oil using a slotted spoon, and place on a plate lined with paper towels to drain. Insert a toothpick into each meatball for serving and dipping.

Serve hot or cold with dipping sauce.

## Nutrition Facts

**PROTEIN 17.13%** **FAT 66.88%** **CARBS 15.99%**

### Properties

Glycemic Index:12.67, Glycemic Load:1.59, Inflammation Score:-3, Nutrition Score:10.393478149953%

### Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

### Nutrients (% of daily need)

Calories: 316.02kcal (15.8%), Fat: 23.27g (35.79%), Saturated Fat: 7.07g (44.19%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 11.62g (4.23%), Sugar: 1.78g (1.97%), Cholesterol: 72.94mg (24.31%), Sodium: 234.71mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Vitamin K: 33.77µg (32.17%), Vitamin B12: 1.38µg (22.98%), Selenium: 15.4µg (21.99%), Zinc: 2.84mg (18.9%), Vitamin B3: 3.37mg (16.83%), Phosphorus: 151.47mg (15.15%), Vitamin B6: 0.24mg (11.94%), Vitamin B2: 0.2mg (11.6%), Manganese: 0.23mg (11.55%), Iron: 2.06mg (11.47%), Vitamin B1: 0.15mg (10.29%), Vitamin E: 1.08mg (7.19%), Potassium: 245.19mg (7.01%), Calcium: 65.27mg (6.53%), Folate: 23.92µg (5.98%), Vitamin B5: 0.57mg (5.74%), Magnesium: 22.58mg (5.65%), Copper: 0.09mg (4.42%), Fiber: 0.89g (3.56%), Vitamin C: 2.82mg (3.42%), Vitamin A: 155.22IU (3.1%), Vitamin D: 0.24µg (1.58%)