

Middle Eastern Kibbeh

Yield: 12 min
Total Time: 32 min

Recipe from: <https://www.recipeschoose.com/recipes/armenian-turkish-and-middle-eastern-bulghour-pilaf-recipe>

Ingredients:

- 2/3 cup bulgur medium coarse
- 1 cup fresh mint leaves
- 1 onion large, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground allspice
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 1/2 pounds ground lamb lean
- 3 tablespoons olive oil

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 40 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 6 grams
8. Sodium: 230 milligrams

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