

My Favorite Turkish Kebab

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-kebob-recipe>

Ingredients:

- 3/4 cup onion
- 1 tablespoon garlic
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon paprika
- 1 teaspoon ground black pepper
- 1/2 teaspoon oregano
- 2 teaspoons salt
- 1 tablespoon tomato paste
- 2 tablespoons fresh flat leaf parsley packed
- 2 tablespoons fresh mint leaves packed
- 1 egg
- 2 pounds ground lamb

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 105 milligrams
4. Fat: 25 grams
5. Fiber: 1 grams
6. Protein: 19 grams
7. SaturatedFat: 11 grams
8. Sodium: 640 milligrams
9. Sugar: 1 grams

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