

# RUSSIAN CUTLETS

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-cutlets-recipe>

## Ingredients:

- 1 9/16 pounds chicken meat
- 1 9/16 pounds meat
- 3 potatoes
- 1 onion
- 6 garlic cloves
- 1 egg
- herbs Fresh dill, chopped- 4 tbsp
- 1 fresh red chili
- meat seasonings- To Taste
- salt To Taste
- 1 tablespoon white pepper
- 3 bay leaves
- 2 3/4 cups bread crumbs
- 1 cup canola oil

## Nutrition:

1. Calories: 1650 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 315 milligrams
4. Fat: 115 grams
5. Fiber: 6 grams
6. Protein: 83 grams
7. SaturatedFat: 27 grams
8. Sodium: 1060 milligrams
9. Sugar: 6 grams

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