

Chelo Kabab Koobideh

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chelo-kabab-recipe-pakistani>

Ingredients:

- 1 pound ground beef
- 1 onion grated and drained
- 1 tablespoon turmeric
- 1 tablespoon sumac
- 3 saffron threads
- salt
- pepper
- 4 tomatoes
- 2 onions
- 2 cups basmati rice
- sunflower oil
- 3 saffron threads
- salt

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 89 grams
3. Cholesterol: 75 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 30 grams
7. SaturatedFat: 7 grams
8. Sodium: 480 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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