

Gundi (Persian Chicken Meatball Soup)

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-meatball-recipe>

Ingredients:

- 1/4 cup canola oil
- 1 pound chicken wings
- kosher salt
- ground black pepper
- 3 onions medium, 2 roughly chopped, 1 minced
- 3 carrots medium, roughly chopped
- 2 cloves garlic crushed
- 8 cups chicken stock
- 1 bay leaf
- 1 1/2 pounds ground chicken
- 1 1/2 cups chickpea flour
- 2 1/2 teaspoons ground turmeric
- 2 teaspoons ground coriander
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon ground cardamom

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 165 milligrams
4. Fat: 35 grams
5. Fiber: 5 grams
6. Protein: 49 grams
7. SaturatedFat: 6 grams
8. Sodium: 1070 milligrams
9. Sugar: 13 grams

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