

# South African Frikkadel

Yield: 24 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-south-african-frikkadel-recipe>

## Ingredients:

- 2 slices white bread soaked in water and squeezed dry
- 1 teaspoon butter
- 2 garlic cloves minced
- 1 onion small, minced
- 1 pound ground beef 85% lean
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons parsley
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1 pinch ground cloves
- 1 egg
- 1 tablespoon butter
- 2 onions diced
- 2 garlic cloves minced
- 4 tomatoes large, diced, or 2-16 oz-cans of diced tomatoes, slightly drained
- 1 tablespoon fresh oregano chopped, or 1 tsp dry
- 1 tablespoon fresh parsley chopped, or 1 tsp dry
- 1/2 teaspoon salt
- 1/4 teaspoon sugar

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 25 milligrams
4. Fat: 4 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams

8. Sodium: 180 milligrams
  9. Sugar: 1 grams
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