

Greek Keftedes

Yield: 40 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-keftedes-recipe>

Ingredients:

- 1 pound ground beef
- 1/2 pound ground pork
- 1/2 cup breadcrumbs
- 1 large egg
- 1 red onion small, finely chopped
- 3 cloves garlic minced
- 1/4 cup fresh parsley packed, chopped
- 8 mint leaves large, chopped
- 1/2 tablespoon olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 cup flour for rolling
- 3 tablespoons oil for frying

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 15 milligrams
4. Fat: 4.5 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 50 milligrams

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