

Greek Meatballs (Keftedes)

Yield: 35 min
Total Time: 22 min

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

Ingredients:

- 1 2/3 pounds turkey mince lean, or use ground beef, pork or lamb
- 7/8 cup fresh breadcrumbs 2 slices of bread or prepared breadcrumbs
- 1 egg
- 1 red onion minced
- 2/3 cup feta about 2/3 cup, finely crumbled
- 16 mint leaves chopped
- 1 tablespoon chopped parsley finely
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1/2 teaspoon dried oregano
- 2 tablespoons light olive oil or rapeseed, to fry

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 25 milligrams
4. Fat: 3.5 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 140 milligrams

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