

Kabab Tabei - Persian Pan Kebab

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-kebab-recipe-persian>

Ingredients:

- 1 pound ground beef 93% lean is the best
- 1 onion medium
- 1 teaspoon turmeric
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tomatoes cut into quarters

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 75 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 670 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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