

Kibbeh Nayeh

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/kibbeh-nayeh-turkish-recipe>

Ingredients:

- 2 cups bulgur fine
- 2 pounds leg of lamb or eye of round beef, trimmed entirely of all fat and gristle
- 2 tablespoons kosher salt
- freshly ground black pepper to taste
- 1 sweet onion medium, pureed
- 2 cups ice water
- 2 teaspoons cinnamon
- 1/4 teaspoon cayenne pepper
- 3 tablespoons extra virgin olive oil
- fresh mint leaves

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 145 milligrams
4. Fat: 22 grams
5. Fiber: 14 grams
6. Protein: 57 grams
7. SaturatedFat: 6 grams
8. Sodium: 3750 milligrams
9. Sugar: 4 grams

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