

Red Lentil Kofta

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-lentil-kofta-recipe>

Ingredients:

- 1 1/2 cups red lentils dried
- 1/2 onion — chopped
- 2 garlic cloves — chopped
- 1 1/2 tablespoons fresh flat leaf parsley chopped
- 1 teaspoon dried oregano
- 1 tablespoon tomato paste
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 4 tablespoons extra virgin olive oil

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 46 grams
3. Fat: 14 grams
4. Fiber: 23 grams
5. Protein: 19 grams
6. SaturatedFat: 2 grams
7. Sodium: 920 milligrams
8. Sugar: 3 grams

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