

# Kotlet, Persian Cutlet

Yield: 23 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/kotlet-recipe-russian>

## Ingredients:

- 3/4 pound extra lean ground beef
- 1 potato large cooked, about 300 g, peeled, grated on the large holes of a box grater
- 2 potatoes large uncooked, about 600 g, peeled, grated on the large holes of a box grater
- 2 eggs
- 1 onion medium, grated on the small holes of a box grater
- 1 tablespoon all purpose flour wheat, or breadcrumbs
- 2 teaspoons turmeric powder
- cooking oil
- salt
- black pepper

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 30 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 50 milligrams
9. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Kotlet, Persian Cutlet above. You can see more 16 kotlet recipe russian Cook up something special! to get more great cooking ideas.