

Baked Lebanese Lamb Meatballs

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-mint-tea-recipe>

Ingredients:

- 1 pound ground lamb
- 1 egg
- 1/2 cup bread crumbs
- 1/4 cup chopped parsley
- 2 tablespoons mint chopped
- 1 onion chopped
- 1/2 teaspoon allspice
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground black pepper
- 1 teaspoon salt

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 135 milligrams
4. Fat: 28 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 12 grams
8. Sodium: 770 milligrams
9. Sugar: 2 grams

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