

# Low Carb Indian Seekh Kababs

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/low-carb-indian-recipe>

## Ingredients:

- 1 pound lean ground beef 1 pound, 453.59 g Lean Ground Beef
- 1/2 cup onion finely minced 1/2 cup, 80 g Onion, finely minced
- 1/4 cup chopped mint chopped 1/4 cup, 11.25 g Chopped Mint, chopped
- 1/4 cup cilantro chopped 1/4 cup, 4 g Cilantro, chopped
- 1 tablespoon garlic minced 1 tablespoon, 1 tablespoon Garlic, minced
- 1 tablespoon minced ginger minced 1 tablespoon, 1 tablespoon Minced Ginger, minced
- 1/2 teaspoon turmeric 1/2 teaspoon, 0.5 teaspoon Turmeric
- 1/2 teaspoon cayenne pepper 1/2 teaspoon, 0.5 teaspoon Cayenne Pepper
- 1/4 teaspoon ground cardamom 1/4 teaspoon, 0.25 teaspoon Ground Cardamom
- 1/4 teaspoon ground cinnamon 1/4 teaspoon, 0.25 teaspoon Ground Cinnamon
- 1 teaspoon kosher salt 1 teaspoon, 1 teaspoon Kosher Salt

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 70 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 680 milligrams
9. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Low Carb Indian Seekh Kababs above. You can see more 20 low carb indian recipe Savor the mouthwatering goodness! to get more great cooking ideas.