

# Kiymali Gozleme | Minced Meat Turkish Flatbread

Yield: 10 min  
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/minced-meat-turkish-recipe>

## Ingredients:

- 2 cups all-purpose flour maida
- 3/4 cup water
- salt to taste
- 400 grams ground beef or lamb
- 1 large onion grated
- 1 large tomato grated
- 15 stalks parsley leaves only, chopped
- 1 large egg optional
- 1 teaspoon chilli flakes
- 1 teaspoon pepper powder
- 1/2 cup lukewarm water
- salt to taste
- butter oil or a mix of both
- lemon wedges
- yoghurt

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 55 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 12 grams
7. SaturatedFat: 4 grams
8. Sodium: 200 milligrams
9. Sugar: 2 grams

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