

Keto BBQ Kofta

Yield: 8 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-lamb-kofta-recipe>

Ingredients:

- 500 grams ground beef
- 500 grams ground lamb
- 2 brown onions small, finely chopped
- 4 cloves garlic minced
- 1 egg whisked
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 teaspoon allspice
- 1 teaspoon canela
- 1/2 cup parsley finely chopped
- 1 cup seeds hulled sunflowers
- 1/4 cup olive oil cold-pressed
- 1 teaspoon sea salt
- 2 tablespoons ghee
- ghee Extra, to oil grill for cooking kofta
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Nutrition:

1. Calories: 1050 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 230 milligrams
4. Fat: 85 grams
5. Fiber: 8 grams
6. Protein: 54 grams
7. SaturatedFat: 25 grams
8. Sodium: 780 milligrams
9. Sugar: 2 grams
10. TransFat: 1.5 grams

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