

Kotlet (Persian Meat Patties)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-beef-cutlet-recipe>

Ingredients:

- 1/2 pound ground beef I used 96% lean
- 1 potato
- 1 onion
- 1 egg
- 3 tablespoons flour
- 1/2 teaspoon turmeric
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 3 tablespoons olive oil

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 90 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 14 grams
7. SaturatedFat: 5 grams
8. Sodium: 650 milligrams
9. Sugar: 2 grams
10. TransFat: 0.5 grams

Thank you for visiting our website. Hope you enjoy Kotlet (Persian Meat Patties) above. You can see more 18 persian beef cutlet recipe Elevate your taste buds! to get more great cooking ideas.