

# Persian Turkey Kofta Kebabs

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 20 ounces lean ground turkey
- 1 small onion minced
- 2 cloves garlic . minced
- 1/4 cup fresh parsley chopped
- 2 tablespoons bread crumbs
- 1/4 teaspoon allspice
- 1/4 teaspoon coriander
- 1/4 teaspoon paprika
- 1/4 teaspoon chili powder
- salt
- pepper

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 110 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 3 grams
8. Sodium: 360 milligrams

---

Thank you for visiting our website. Hope you enjoy Persian Turkey Kofta Kebabs above. You can see more 20 persian turkey recipe Discover culinary perfection! to get more great cooking ideas.