

# Beef Kotleti (Russian Meatballs)

## ????????

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-beef-kotleti-recipe>

### Ingredients:

- 1 kilogram ground beef
- 2 onions medium, grated
- 2 cloves garlic crushed, optional
- 1 medium potato peeled and grated and squeezed
- 1 cup breadcrumbs
- 1 egg
- 4 tablespoons chopped parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup flour for coating kotleti
- 1/2 cup oil for frying

### Nutrition:

1. Calories: 1060 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 225 milligrams
4. Fat: 68 grams
5. Fiber: 4 grams
6. Protein: 56 grams
7. SaturatedFat: 18 grams
8. Sodium: 960 milligrams
9. Sugar: 4 grams
10. TransFat: 2.5 grams

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