

Etsiz Çi? Köfte / Turkish Meatless Raw kofte 'meatball'

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-cig-kofte-recipe>

Ingredients:

- 2 cups bulgur fine-grain
- 2 medium yellow onion
- 1 cup walnut coarsely chopped, optional
- 6 garlic
- 2 tablespoons chili pepper paste
- 2 tablespoons tomato paste
- 3 tablespoons chili pepper isot/ urfa, reduce for less spiciness
- 1 tablespoon red chili flake
- 1 cup olive oil
- 1/4 cup molasses sour pom, / nar eksisi
- 1 teaspoon garlic powder optional
- 1 teaspoon cumin powder
- 1 teaspoon black pepper powder
- 1 teaspoon sweet paprika
- 1 teaspoon sumac
- 1 pinch clove powder
- 1/2 bunch parsley roughly chopped

Nutrition:

1. Calories: 1030 calories
2. Carbohydrate: 84 grams
3. Fat: 76 grams
4. Fiber: 17 grams
5. Protein: 15 grams
6. SaturatedFat: 9 grams
7. Sodium: 95 milligrams
8. Sugar: 16 grams

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