

Turkish Beef and Veal Kebab

Yield: 4 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-ground-beef-kebab-recipe>

Ingredients:

- 10 ounces ground beef
- 7 ounces ground veal
- 1 onion medium-sized, finely chopped
- 1/2 teaspoon red pepper flakes
- 3 tablespoons vegetable oil
- 2 tablespoons butter melted
- 1 teaspoon tomato paste
- 1 teaspoon salt

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 105 milligrams
4. Fat: 30 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 10 grams
8. Sodium: 730 milligrams
9. Sugar: 1 grams
10. TransFat: 1 grams

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