

Turkish Lentil Balls (Mercimek Köfte)

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-red-lentil-patties-recipe>

Ingredients:

- 1 cup red lentils
- 2 cups water
- 1 cup bulgur fine ground
- 3/4 cup olive oil
- 2 tablespoons pepper paste
- 1/2 tablespoon salt or 1/2 bullion cube
- 1 yellow onion medium, diced
- 1/2 bunch parsley tough stems removed, diced, and pat dry
- 1 bunch scallions diced and pat dry
- 3 peppers charliston, diced and pat dry
- 1 1/2 lemons small, or pomegranate juice
- 2 teaspoons pepper allepo, pul biber

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 67 grams
3. Fat: 42 grams
4. Fiber: 26 grams
5. Protein: 19 grams
6. SaturatedFat: 6 grams
7. Sodium: 910 milligrams
8. Sugar: 3 grams

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